

ADSA FIRST YEAR BOOKLET

2014

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The Royal Australasian College of Dental Surgeons



RACDS Membership and Fellowship Programs in General Dental Practice

The Membership Program in General Dental Practice (MRACDS(GDP)) is a pathway to the acquisition of further knowledge in general dentistry.

The Fellowship Program in General Dental Practice (FRACDS(GDP)) is a process of peer review and assessment of higher level competency. Both the Membership and Fellowship programs in General Dental Practice provide structured education and learning for qualified General Dental Practitioners (GDPs).



RACDS Membership and Fellowship Programs in Specialist Dental Practice

Membership in Specialist Dental Practice is granted in recognition of a candidate's standing as a specialist in their discipline.

After attaining Membership (SDP), candidates can advance to Fellowship (SDP). Candidates for Fellowship (SDP) are required to have a broad and deep theoretical knowledge with clinical application in all aspects of their specialty.

Fellowship in a Specialist Dental Practice discipline represents assessment and peer review of a candidate at an advanced level. This follows the completion of a period of specialist experience gained after the completion of a higher university qualification in that specialty and is seen as a continuation of learning and professional development.

About the College

The RACDS Membership and Fellowship programs provide the opportunities for specialist dental study, training and qualifications and continuing professional development.

Our qualifications are recognised internationally where we have an active presence throughout Australia, New Zealand, Asia and Europe. Our Members and Fellows live and work in all corners of the globe.

We strive to adhere to high educational standards as provided by the Australian Dental and Medical Councils. The College has conjoint arrangements with four of Australia's top University dental schools and our Dental College partners throughout the UK and Asia. We encourage and are engaged in research through our Education Policy Board and Boards of Studies. We promote optimal dental health care and treatment in the community through advanced education.

Please visit the College website at www.racds.org for more information about the College and our programs.



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www.racds.org



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WELCOME



On behalf of the ADSA committee I would like to congratulate you on getting in to dentistry or oral health and welcome you as one of our newest members of the ADSA!

I hope you're all ready to experience the burn of sticky wax, nervously inject someone with lignocaine and have the frustration of making an upper denture. What does that all mean you say? Well that's what your lectures are for. We're here to make sure you get the best tips on how to pass exams, get up to date information on all things dentistry and help you to make some lifelong friends from all around Australia.

So just so you know a bit about us, the ADSA (Australian Dental Students Association) started in 2009 and has since grown as an organisation to represent over 3,800 dental and oral health students studying at over 12 Universities. The ADSA aims to connect, inform and support future dentists, hygienists and therapists throughout their time at dental school – and that now includes you!

The ADSA has many events and opportunities throughout the year – with our biggest event being our annual convention which is being held in the Gold Coast this year and is definitely a week you will not forget! At convention we will elect the new committee and university representatives, and we encourage all students to get involved and help shape the future of dentistry in Australia! You'll meet the committee and liaison officers later in this booklet and perhaps you'll be inspired to get involved in the ADSA for 2015.

This booklet has a lot of information that will help you not just through the first few weeks of your course, but has some resources that will help your time at University. Make sure you keep in contact with your local student society and make friends with the ADSA liaison officer at your University.

To keep up to date with what's happening at ADSA join our Facebook group, check out our website at www.adsa.org.au and follow us on twitter for the latest updates.

 twitter.com/adsamedia

 facebook.com/AusDSA

I look forward to getting to know you throughout the year, and best of luck with your studies.

Audrey Irish
President

ADSA COMMITTEE

Committee members are derived from each of the representing schools and their student societies to provide input and representation of students in their respective schools. The Committee always strive to obtain balance and understanding and cater for students from all participating universities.

THE EXECUTIVE COMMITTEE



President
Audrey Irish
University of Sydney



Secretary
Caroline Petroff
University of Adelaide



Treasurer
Peter Tran
University of Queensland



Immediate Past President
Mark Benett
University of Sydney

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Amy Cao
Griffith University



Sponsorship
Cathleen Dong
Charles Sturt University



Rural
Jess Zachar
Charles Sturt University



Media
Louise Hanrahan
James Cook University



Website
James Tran
University of Sydney

LIAISON OFFICERS

Each dental school has a liaison officer that keeps them up to date with the activities of ADSA. If you have any questions or issues you would like to raise, please feel free to speak to your university's representative.



ORGANISATIONS IN DENTISTRY



THE DENTAL BOARD OF AUSTRALIA

www.dentalboard.gov.au

Upon graduating you will need to register with the Australian Health Practitioner Regulation Agency (AHPRA) in order to practice dentistry in Australia. AHPRA then sends this off to the Dental Board, where they handles all of the dentistry registrations, including; specialists, dental therapists, dental hygienists, oral health therapists and dental prosthetists. As a student you are also registered with the dental board. The Board also develops standards and guidelines for all dental practitioners, handles complaints, investigations and disciplinary hearings, and approves accredited courses of study.



THE AUSTRALIAN DENTAL COUNCIL

www.adc.org.au

The Australian Dental Council (ADC) is an independent accreditation authority that assess programs of study, develop accreditation standards, policies and procedures for dental practitioner programs of study and makes recommendations to the Dental Board of Australia. They act in an advisory capacity and most importantly can say whether or not your program of study allows you to be a registered dentist or oral health practitioner.



THE AUSTRALIAN DENTAL ASSOCIATION

www.ada.org.au

The ADA is a professional membership organisation representing and assisting dentists Australia-wide, offering continuing professional development opportunities, staff training, representation, and a range of services to make student and professional life easier. The ADA is also involved in public oral health promotion, and promotes the ethics, art and science of dentistry in order to help members provide safe, high quality oral care. The Association has a monthly magazine and e-newsletter to keep members updated with news and updates within the profession and is worthwhile joining as a (free!) student member.



THE AUSTRALIAN DENTAL AND ORAL HEALTH THERAPISTS' ASSOCIATION

www.adohta.net.au

Similar to the ADA, the Australian Dental and Oral Health Therapists' Association is the peak national body representing dental therapists and oral health therapists. They provide leadership, collaboration and advocacy to enhance the profession and the oral health outcomes for the community.



THE DENTAL HYGIENISTS' ASSOCIATION OF AUSTRALIA

www.dhaa.info

Similar to the ADOHTA, the Dental Hygienists' Association of Australia seek to support its member through leadership, advocacy, education and mentoring.

THE AUSTRALIAN DENTAL ASSOCIATION

join for free!



START TO BUILD YOUR DENTAL CAREER EARLY BY JOINING THE AUSTRALIAN DENTAL ASSOCIATION

The ADA is the professional body representing dentists Australia-wide to maintain high standards of clinical practice, advocate on behalf of the dental profession, and educate Australians about oral health.

To help you through your studies and bring you into the profession the ADA provides free membership to students undertaking a degree in dentistry.

This membership includes;

- Regular updates on industry information through the monthly magazine and e-newsletter
- A copy of the Therapeutic Guidelines – Oral and Dental v2
- The Australian Dental Journal
- Access to ADA member resources
- Access to online education (including clinical presentations)
- Support, education, collegiality and leadership
- Member rates to educational workshops and events

The ADA cares about dental students and the dental profession, and wants to help you succeed in building your career and achieving your goals.

FOR MORE INFORMATION OR TO JOIN CONTACT THE ADA IN YOUR STATE OR TERRITORY.



USEFUL RESOURCES



The Dental Trauma Guide

dentaltraumaguide.org

An interactive guide for treating traumas.



Tooth Identification

dent.osu.edu/Instructional-Resources/ToothAnatomy

Useful for revising tooth anatomy.

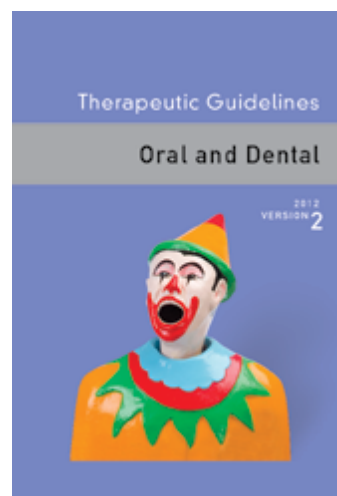


The Young Dentist

theyoungdentist.com

A website where professional dentists and students worldwide to share their knowledge and information about dentistry.

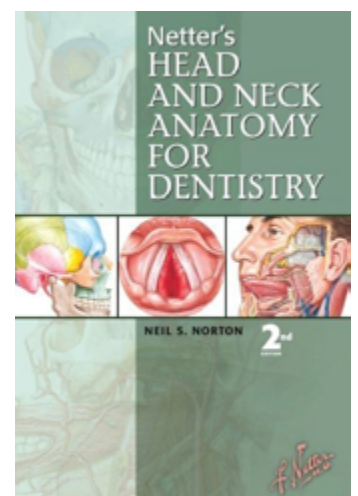
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Therapeutic Guidelines

www.tg.org.au

Therapeutic information for treating patients.



Netter's Head and Neck Anatomy

Anatomy

by Neil S. Norton

Key anatomy that's relevant
to clinical practice

TIPS FOR DENTAL SCHOOL

CHARLES STURT UNIVERSITY dentistry

- 1 Enjoy and make the most out of your first year in dentistry, the later years will only get harder! Get involved in clubs, campus events and SDA.
- 2 Orange is a small campus - you will soon meet everyone and lectures will know you by name. Make sure you take advice from the older years and always accept help and feedback from lectures. Everyone is here to help you!
- 3 One thing to not forget is your tooth anatomy and tooth eruption dates. The lectures love testing us on these.
- 4 Make sure you practice good posture in simulation clinic. You don't want a bad back before you even graduate!
- 5 The Orange winter is harsh! The temperatures are in the negatives and the occasional snow. So pack ugg boots, thermals and coats - absolutely vital in surviving the cold!

CHARLES STURT UNIVERSITY oral health

- 1 Behave professionally, especially while in your scrubs- be aware of what you post on social media as it represents the university and you as a practitioner.
- 2 Work hard and ask for help when you need it! Failing one of 8 subjects in a year can put you back an entire year!
- 3 Know your hygiene instruments - especially the features of the gracey. Learn it right early on as your life depends on it.
- 4 Accept feedback with an open mind- tutors are there to help you, don't block out criticism, embrace it
- 5 Get your teeth into it! Join the course club! Get to know your seniors, join oral health promotion initiatives, you learn as much from others experiences as your own!

CURTIN UNIVERSITY oral health therapy

- 1 Get to know everyone in your year group because in second and third year these people become your family. You will be split into two groups (by surname) for clinic, and group assignments are introduced where you work in groups of three. Spend time to get to know your peers, it's worth it.
- 2 Start a Facebook group with everyone included. It is the easiest way for your class rep to converse with everyone and it allows questions to be asked in an informal manor. It is always handy hearing others opinions and if any changes occur to your clinic timetable it's the most efficient way to notify everyone.
- 3 Create a class list of contact details and upload it into your Facebook group. We found that when you are trying to do group work it is the easiest way to get contact details.
- 4 Enjoy a balanced lifestyle but at the same time don't forget that this is a demanding course. Set time aside for yourself and to go through your lecture notes before class and watch the clinic videos BEFORE clinic. They quiz the students who have watched it and for those who haven't, you will receive an 'un-satisfactory' mark in your clinic books.
- 5 Take first year seriously. Although you are working on your fellow class mates, tutors are preparing you for working on patients! Wearing the correct uniform and conducting yourself in a professional manor in clinic and in the corridors on campus will not go un-noticed. Helping class mates with change-overs and in steri when someone is sick or running late is rewarding and these favours will be repaid. Team work as a student will teach you skills that are admirable in the workforce, so practice now!!

CENTRAL QUEENSLAND UNIVERSITY

oral health

- 1 Get social networking with your colleagues, such a facebook forums/groups. This is allows for interaction and sharing ideas with other classmates.
- 2 Weigh out your options prior to enrolling. The study load of external subjects is quite demanding and it easier to fall behind. CQU offer 'flexibility' (1st year part-time over 2 years). Would a part-time load suit your lifestyle more? Or do you have 48hrs spare a week to study? Weighing out you options and choosing a path can help balance the study/ lifestyle equation.
- 3 Organise your textbooks as soon as possible. Comparing prices from an array of online stores and the bookshop can save you dollars\$\$\$.
- 4 Only downside is ordering online makes sure you allow time for delivery (at least 3 weeks)
- 4 Learn stress management techniques and get lots of rest. Study can be mentally challenging and the influx of new information can be stressful. Taking up good eating and exercising or practicing yoga will help to reduce stress and help keep you healthy. Plenty of rest is important too!
- 5 Don't let yourself fall behind on study. Always do readings before attending/watching lectures. Set yourself a study timetable and stick to it. If possible limit your working hours, remember your study is now your full-time job!

GRIFFITH UNIVERSITY

dentistry

- 1 Attend GUDSA events to get to know your peers, especially the annual Meet & Greet. Your peers will be a real mix bag- some of you are school leavers/ post grad/ mature age. Many students have moved to the Gold Coast from interstate or even internationally- this can be a lonely and difficult time you but take comfort in knowing that many are in the same situation. Talk to each other and have some fun!
- 2 Facebook groups are your best friend! It's a place for everyone to share notes, questions, exam information, timetable changes, dental equipment information and admin stuff.
- 3 Don't skip sim clinic- every session you miss is 3 less hours you get to practice new skills. There are no makeup sessions (even if you're sick) and falling behind on your log book is very stressful.
- 4 The university has a policy that all lectures are recorded however technology can fail us or the lecturer can forget to wear their microphone etc etc – bottom line is attend all lectures (your grades will benefit, I promise). Your lecturers are wonderful and helpful so plenty of exam hints are given throughout the semester.
- 5 Behave professionally- you will be graded on your professionalism during every lab, sim-clinic and clinic. You will fail the year if you fail the 'professionalism' component. Being respectful and polite to your peers, tutors and academics is extremely important during student life and when you are a practicing dentist, so best start now!



JAMES COOK UNIVERSITY dentistry

- 1 Talk and socialise with others around you. Majority of dental students are in a similar boat to you and many have moved from their hometown to begin their studies. You can use them to settle in and make friends for life.
- 2 Make sure you talk! Don't hold your emotions in and don't ever think you cannot ask questions. Many senior students have been through similar hardships and had difficulty with the adjustment of University. It'll feel much better opening up and releasing the burden, stresses and anxiety you might have.
- 3 Get Involved! With the influx of dental graduates you need to do everything to get the job you want upon graduation. Join JCUDSA or other associations such as RHINO or ADSA. By doing this you're able to network amongst organisations and professionals as well as show that you've taken on extra responsibilities throughout your studies.
- 4 Relax! Don't stress out too much, you will do fine in your examinations if you put in the effort, but just make sure you have a balance. Your career is dentistry, not your life.
- 5 Enjoy Uni! You can often get caught up in the stresses of University, clinic and politics within the Uni. Make friends outside of your degree, go out for coffee and drinks, socialise and have fun. It's a short part of your life and you should enjoy every minute of it.



LA TROBE UNIVERSITY

dentistry and oral health

- 1 Credentialing. Its a tedious process getting all the documents required by the department.. trust us we have all been there ! Try getting it done before university or as soon as possible to get it all out of the way. It is also a hurdle requirement for one of your first year subjects. BOHDS has created an excellent credentialing guide to assist you in understanding why certain documents are required and how to obtain them.
- 2 Join BOHDS (Bendigo Oral Health & Dentistry Society). We have many social and academic events for our members and it is a great way for you to meet new people in your own cohort as well as students in upper year levels. BOHDS has many exciting events lined up for new students including our O-Week program and camp !
- 3 Academic demands are high, and for many, dentistry and oral health is completely different to what you have ever learnt before. Whilst things may get confusing always remember there is a huge support network available for you to tap into! Whether this be students in your own cohort, lecturers or students in upper year levels, always feel free to ask for help. For many of you, studying at La Trobe also means moving away from home. You will also get a lot of support both socially and academically from residential services.
- 4 Keep up to date with your studies especially dental anatomy and skills taught in simulation clinic. There are hurdle exams for both mid-year, so it helps to stay on top of things!
- 5 Have fun and relax ! You will be spending the next 3-5 years with the people around you. Take the opportunity to get to know everyone in your year level. First year uni is a rewarding experience so be sure to get a good academic and social balance so you can take the most out of it !

UNIVERSITY OF ADELAIDE dentistry

- 1 Enjoy first year. If this is your first year at any university course - make the most of it! Dentistry doesn't get any easier, and the holidays only get shorter from here on in, so don't take it for granted!
- 2 Join the AUDSS (Adelaide Uni Dental Students Association), and attend as many social events as possible. This is a great way to network and make new friends, which is definitely important in a course with small student intake. This particularly applies to the Fresher BBQ which is a great way to start the year.
- 3 The facebook group of your cohort, and the AUDSS facebook page are VERY good resources. It makes getting to know all of the new people in your year easy, keeps you up to date with events, as well as sharing resources. It also serves well as a reminder of work or assignments that are due in!
- 4 Really work on learning the clinical/lab work in first year well. Most are basic skills that you will be expected to know in future years, skimping on them now will make things harder later on.
- 5 Stay organised. It sounds really silly, but keeping a diary or making lists of things that need doing can be very helpful. Starting uni, particularly if you are an interstate or international student, involves a lot of changes and the start of the year can be pretty hectic. Keep on top of everything to avoid feeling swamped. Leaving study or assignments to the last minute/SWOTVAC is not going to work through all 5 years.



UNIVERSITY OF QUEENSLAND dentistry

- 1 You will see your fellow student more than your own families over the next 5 years, having good friends really helps so make the effort to attend the social events.
- 2 Facebook is your best friend. It is a great way to ask question, share resources and even share interesting dental facts and pictures that your high school friends probably wouldn't understand so start a page if you already haven't.
- 3 Join UQDSA (University of Queensland Dental Students' Association) and discover the limitless social and academic activities that go on during the year. Not only are they a great opportunity for you to network, it's also a great opportunity to ask around for hand-me-down notes. Making notes is a great way to learn but the curriculum hardly changes every year and there isn't always time to write them for every lecture.
- 4 Work experience or a job at a dental practice will do wonders for you learning, especially in first year.
- 5 If you want to have an enjoyable time at uni you need to have patience and resilience. You are all incredibly smart people but dentistry is very different to other degrees. You may not have the best dexterity skills and your tutors will be blunt about telling you that. Don't let it get you down. Keep working at it until you are the best.

UNIVERSITY OF QUEENSLAND oral health

- 1 In first year you will have many classes with the dentistry students, make sure you interact with them as well as other BOH students. (They don't bite).
- 2 You may have to travel between 3 different locations in a day. Make sure you are organised and are prepared for the different types of classes on any particular day.
- 3 Your tutors give you feedback to help you, not to hurt you, so take it on and try to implement it.
- 4 Look for opportunities for experience in the working world. It will solidify your learning and help you see what you are working towards.
- 5 Don't let uni dictate your life. It is important to study in your own time but it is also very important to exercise and socialise. Make sure you find a balance that works for you.



UNIVERSITY OF MELBOURNE oral health

- 1 Don't shy away from ANY experience, whether its difficult and scary or 'boring'. You will always learn something new if you go with an open mind.
- 2 It is a new course, a new language, a whole new bunch of people. It's hard!! You're allowed to feel overwhelmed, so don't be afraid to ask for help
- 3 Practice makes perfect! Dentistry is a fine example of this. Persevere.
- 4 Don't take days off - especially if you are of the male gender...they'll know.
- 5 Lastly: don't freak out for your first clinical session, don't get on your demos bad side, be polite and courteous, attend dental events, don't leave assessment till the last minute.

UNIVERSITY OF MELBOURNE dentistry

- 1 Facebook - your BEST friend in dental school! Have one group for general reminders, sharing ideas on difficult topics, inform of venue changes/cancellations, plan group dinners, sport, etc. and a separate group to collect funny stories, photos and videos that may be used in the yearbook at the completion of your degree.
- 2 Lectopia - let's face it, forgotten in dent! Create an online Dropbox folder in which recordings may be uploaded and shared with the rest of the class. Assign the job to one or two people to avoid much confusion.
- 3 Attend social events and get involved in a soccer/netball competition. Getting to know your classmates and older students will help you develop those social and networking skills that are so pivotal in dentistry. Older students often hold the key to mountain-loads of e-books you didn't even know existed!
- 4 Anatomy and dental materials - tedious in first year, yet know them! If you don't, they will come back and bite you every chance they get. I'M NOT EVEN JOKING.
- 5 Lastly: learn good study habits from early on; accept feedback as positive criticism; respect demonstrators and DAs; be polite and courteous; don't waste preclinic/clinc sessions; and.....do hard things (that is, don't avoid difficult cases, give them a go!)



UNIVERSITY OF NEWCASTLE oral health

- 1 Enjoy and make the most out of your first year Don't be afraid to make friends - may sound simple, but friends are great for: study sessions, stress relief, motivation, assignment resources and for fun time in holidays!
- 2 Turn up to class - as tempting as it is to sleep in and miss the early class or go to the pub instead of your lecture, it makes a big difference in the long run!
- 3 Get a dental job - even if it's working in the steri room in the afternoons, gives you a foot in the door and helps put your theory to practice!
- 4 Remember to relax - don't let yourself get too stressed. it won't do you any good! Doesn't matter if it's reading a book, playing a sport, going to the movies. You need to take some time to recharge.
- 5 Apps - iTunes and the Playstore have amazing apps! You wouldn't believe how many head & neck anatomy apps, dental chair apps, virtual surgery apps, dental anatomy apps they have! The list is endless!

- 1 Turn up to all of your lectures! Lecturers quite often hint at and linger on specific slides that you 'must know well' which are generally what you end up being examined on at the end of the semester. Even if the lectures are recorded, spending the time listening and writing notes first-hand is always extremely beneficial. The recordings should only be used as a second-hand study tool.
- 2 Know your style of studying, and be diligent about it. It can take a little time to get used to University lectures and the pace at which they are delivered. Take the first two weeks to try out different methods, whether you're going to use paper or prefer electronic, and then stick to the one that suits you best. Getting into the habit of revising lectures every week, and having an organised filing system at home will save you a lot of time and pressure!
- 3 Use formatives (practice exams that don't count) as if they are actual exams- they will be the number one study tool to help you prepare for finals- in terms of your understanding of the material and also the structure and timing of the exam.
- 4 The BOH course is unlike any other undergraduate course. We're mainly at the Hospital clinics and spend very little time on main campus- so when you are lucky enough to be there (mainly first year), make the most of it. Explore the campus, clubs, societies, and make friends in other courses!
- 5 BOH is a lot of fun!! So many graduates and current students would talk of how demanding the coursework is and of how stressed out I would become. While this is 100% true, don't let it scare you before you even walk into your first lecture. You'll soon realise that yes, it is challenging, but it's also not impossible! As cliché as it sounds, your cohort really does become your second family and you pull each other through (with some parties, cruises, and lunches in between too!)



UNIVERSITY OF SYDNEY dentistry

- 1 Make use of everything the upper years give you whether it be advice from their experiences or any notes or old textbooks they may have. They've gone through it all before, so they're a valuable resource.
- 2 Despite all the time you spend on the sciences in this course in first year, at the end of the day you're going to be a dentist so make the most of the limited time you have in the sim clinic. Don't be afraid to ask the tutors for help. A lot of them may also have their own handy tips and tricks which they use in their clinics for various things which you may find useful.
- 3 Know the faculty's academic progression policy. This may seem scary but there are various policies they have for failing students if they don't meet certain criteria so be aware of these to avoid nasty surprises at the end of the year.
- 4 Keep up to date each week with your lectures and head & neck anatomy so you're not stressing out like crazy before exam period. There is so much content it is impossible to leave it all to cramming at the end of the year.
- 5 Have fun and get involved. Yes there's a lot of work but it will also be an enjoyable 4 years. Get to know your peers, attend ALL the awesome social events that SUDA and your social reps have in store for you, and get active in dentistry sports, SUDA, charity events and of course the ADSA convention!

UNIVERSITY OF WESTERN AUSTRALIA dentistry

- 1 Engage. Get acquainted with the people of different backgrounds in your year. Come to events and get to know the upper years in a more relaxed environment.
- 2 Do your research. Look at the prices of loupes; there are some affordable ones online for a few hundred dollars instead of a few thousand dollars. Read your timetables. Know what else the ADA student membership offers other than a free Dental Therapeutic Guidelines book and flash drive.
- 3 Remember that while you are post-grads, you aren't post-graduate dentists. If content listed in the unit guidelines hasn't been covered, speak up or get your year representatives to go through the appropriate channels to resolve the issue.
- 4 Have patience. Dentistry requires a certain manual dexterity and proficiency with hand skills. These take time to develop and everyone is learning, so be forgiving with yourself while you practice. Collaborate to find how you can improve and share your experience with your colleagues.
- 5 Balance. In addition to the study, take time for yourselves to recharge and unwind when you need it. Those breaks make you more productive than trying to power through.

UNIVERSITY OF WESTERN AUSTRALIA oral health therapy

- 1 Familiarize yourself with anatomy of the head and neck, with special focus on nerves and blood vessels innervating the oral cavity; and the muscles surrounding the oral cavity.
- 2 Prepare yourself to actively interact with patients, tutors and lecturers to gain the most from your learning experience.
- 3 Accept criticism and learn from it! Learning new skills takes time, dedication; and a passion to learn.
- 4 Engage with your fellow students sharing opinions and working as a team.
- 5 Be organized! Set time aside from your contact hours to catch up on lecture notes and work on assignments.

Your elective could be on us



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ADSA EVENTS

feb - apr

workforce campaign

addresses the workforce excess in dentistry

8 - 13 jul

australian dental students convention

network with students from all over Australian and New Zealand

feb

mar

apr

may

jun

jul

aug

apr - may

blood drive competition

donate blood with dental students from your university team

jun - jul

dental student survey

voice your opinions on issues dental students are facing

WHAT'S HAPPENING THIS YEAR?

There are four major events organised by ADSA this semester. For more information on how you can join in, please visit our website.

As the peak representative body for dentistry and oral health students in Australia, ADSA is also actively advocating on behalf of these students in campaigns, media statements and representation in meetings throughout the year. ADSA's policies can also be found on the website.

You can keep updated with ADSA news on Facebook, Twitter and by reading our quarterly newsletter Articulate. Follow us so you don't miss out!

For more events, campaigns and news visit www.adsa.org.au



DENTAL STUDENTS CONVENTION

2014 ADSA CONVENTION

GRIFFITH UNIVERSITY, GOLD COAST

8-13 JULY



WHAT IS CONVENTION?

Convention an amazing week of academic and social events, meeting other students, exploring a new city and learning about dentistry. This annual event brings together dentistry and oral health students from all over Australian and New Zealand.

GOLD COAST 2014

This year, from July 8 - 13, the Australian Dental Students Convention will be hosted by Griffith University on the Gold Coast. There will be some of Australia's best lecturers and an exciting social lineup, all in a location with great beaches, nightlife and accomodation in the heart of Surfers Paradise. Here's what you can expect:

- Outstanding lectures by guest speakers
- Diversified breakout sessions where you can seek your own interests in various dentistry specialisations
- Sensational seminars
- Hands on workshops
- Amazing social intinerary to network and connect
- Five star accomodation at the Hilton in Surfers paradise

PREVIOUS CONVENTIONS

Read the report from last year's convention in Adelaide here: www.adsa.org.au/#!/past-conventions/cejc

2013 EVENTS



Clockwise from left: 2012 and 2013 Committee on Cocktail night at the 2013 ADSA Convention in Adelaide; 2012-13 and 2013-14 ADSA Committee at the end of year meeting in Sydney; Audrey and Jess at the Future Health Leaders forum; Audrey and Jess at the National Rural Health Students Network conference; Workshops at the 2013 ADSA Convention; Undead Party at the 2013 ADSA Convention

For more photos and information on past events visit www.adsa.org.au



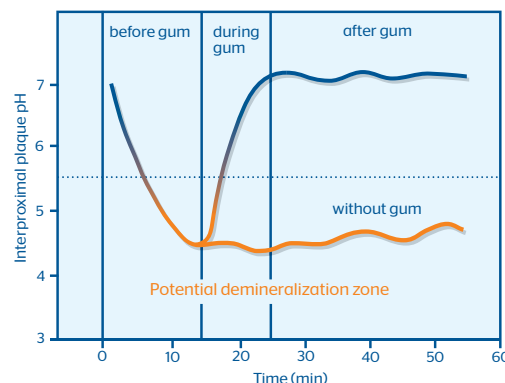
A Guide to the Science of chewing Sugarfree Gum

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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