As future dentists, we all have a role to play in the recognition of education and timely diagnosis of oral cancer. With a survival rate of only 50% over 5 years, picking up the signs early could be the key to saving a life!

The aim of World Oral health Day is to spread messages about good oral hygiene practices and highlight the important role that oral health plays in overall general health and wellbeing. This is the perfect time to educate our patients, friends and family in the prevention and control of oral diseases.

Though the nation’s wonderful volunteers deserve recognition all year round, this week is an opportunity to recognise and thank those who give up their valuable time to give back to the community and make a difference in someone else’s life.

Head and neck cancers affect more than 17,000 people in Australia each year. This year ADSA is teaming up with Beyond Five’s campaign, ‘Soup for the Soul’, to serve nourishing bowls of soup in order to provide ongoing education and long-term support for those affected.
R U OK? Day  
(12 September)
Dentistry is not an easy feat. Take the time to check in on your fellow classmates, friends and family, and be sure to take time out for yourself too! Get involved in the free events and activities being run by your local dental student societies for RUOK Day and start the conversation about mental health and wellbeing.

Cancer Council Relay for Life  
(Various dates in October – find your local University event!) 
Relay for Life has become the largest fundraising event for cancer in the world with many events held across Australia. Every dollar raised goes towards funding Cancer Council’s vital research, prevention and support programs. The Relay involves teams running/walking/dancing around a track for over 48 hrs with events holding food stalls, live performances and even silent discos to keep the good times going. This year, gather your dental school friends and register a team in the fight against cancer!
Find your local Relay here: https://secure.fundraising.cancer.org.au/site/SPageServer?pageName=relay_search

Dental Health Week  
(5 - 11 August)
This week is all about encouraging us to reflect on our dental habits and how we can improve our oral health. Stay tuned for ADSA’s favourite dental health tips throughout the week, as well as features of dental students around the country doing amazing work to promote oral health messages in their local communities!

Mental Health Week  
(5 - 11 October)
Another reminder to look after ourselves and those around us. We’ll be sharing tips on promoting mental health in our communities, as well as resources regarding mental illnesses and oral health to help guide you in improving your quality of patient care.

National Recycling Week  
(11 - 17 November)
It’s not surprising that the dental industry significantly contributes to damaging waste production and landfill. ADSA is re-launching its participation in Terracycle’s free recycling program, with schools such as UWA previously being involved in the Oral Care Recycling Program. Stay tuned for more details on this exciting initiative and how your school can get involved!

International Volunteer Day  
(5th of December)
We will be spotlighting some awesome work that dental and oral health students around the nation have been doing throughout the year. To get involved in supporting local and global communities yourself, check out current volunteering opportunities at the ADSA volunteering hub: https://adsa.org.au/members/volunteering

ADSA TALKS
ADSA CUP 2019
ADVERTISING ENQUIRIES  
Tanisha Fernando  
sponsorship@adsa.org.au

PUBLICATION SUBMISSIONS AND ENQUIRIES  
Natalie Tsang  
publications@adsa.org.au

facebook.com/AusDSA  
instagram.com/AusDSA  
www.adsa.org.au
Congratulations on having made it to the end of another year of dental school! To our graduating cohorts, I hope that you’re all excited to begin the new chapter that is full time work, equipped with knowledge and wisdom from your mentors and the ADA. To our first years, well done for having made it through the first of many and, to everyone in between, I hope that you’re just as invigorated to keep working towards becoming compassionate, skilled and knowledgeable practitioners as you advance through your academic career.

What a pleasure this year has been! My incredible team has worked tirelessly to enrich your dental school experience with a range of events and initiatives and I could not be more proud of everything that they have worked to achieve.

Thanks to the dedicated efforts of the Adelaide Convention team, we had an unforgettable meeting this year - cosy in numbers, but so full of energy and so many incredible academic sessions, meals and socials with members of our dentfam who came from far and wide. Our Education team has developed a library of ADSA Talks to allow us to release a study stream of educational content, so keep an eye out for many more to come in 2020. We were also thrilled to have in excess of 700 views of many of these webinars. Jen has also done a wonderful job to formally link our inaugural cohort of final year mentees with mentors from the ADSA Alumni. It
also wouldn’t be without the incredible efforts of the Uni Reps at each dental school that student engagement has reached new heights in 2019. On that note, congratulations also to La Trobe for having won the ADSA Cup, followed by UQ, UWA and a close fourth to USyd!

This year, it has been my absolute pleasure to develop our ADSA Outreach curriculum with Xin Jie, our Community Subcom, in conjunction with the School Dental Services and the mentorship of Dr Jilen Patel. We are very proud to announce that we have piloted our curriculum at seven West Australian primary schools with the help of our incredible partners, who have generously donated consumables to our lessons, including toothbrushes and plaque disclosing tablets. We will be rolling out the programme nation-wide as our curriculum continues to develop, so look forward to expanding our efforts via cohorts of enthusiastic dental students across the country.

We are also excited to see where our new-found membership of the International Association of Dental Students will take us. Hopefully some of you will be attending their meetings, internships and exchanges in 2020 and will make the most of their wealth of online resources!

It has been my utmost pleasure to work alongside an exceptional committee and to have served dental students from across the nation. I hope to continue to do so as the Immediate Past President in 2020 and beyond, as we all continue our journeys through our careers in the dental profession. We are so lucky to be part of such a tightly-knit professional network and I only hope that the future committees will continue to foster this sense of community in years to come. I know that there are plenty of exciting things in store for 2020 under the incredible leadership of my successor, Phil Nguyen. I wish him all the best in his endeavours and know that ADSA will be left in very capable hands!

Wishing you well for next year and I hope that you all have an exceptionally well-deserved holiday. Adieu, ADSA!

Emma Turner
2019 ADSA President
As the end of 2019 is quickly approaching lets quickly recap the progress achieved this year. 2019 marks the launch of ADSA’s Mentoring Program aimed at lending a helping hand to our final year dentistry students who are about to transition the workforce.

After the initial planning stages, a strong team of dedicated and motivated recent graduates from across Australia were gathered, forming the foundation of our Mentoring Program. Each mentor brings to the table a different skill set and unique experiences that only time, patience and dedication can afford. Careful evaluation of each successful applicant was needed during the pairing process.

As the committee member leading this program, I would like to say thank you to our University Representatives whom, without your contribution, helped significantly to spread the word regarding the Mentoring Program into each of the respective university’s central communication platforms. Another special mention to James Zvirblis, a fellow mentor in our 2019 Program, for your efforts in this program.

Vice Presidency in 2019 has presented me with the opportunity to yet again witness the growth of ADSA to cater for and support our fellow dental and oral health students. I hope that the Mentoring program will also continue to flourish. Good mentorship is not just a one-off conversation, good mentorship is commitment.
What a great year it has been so far for the community of ADSA! We kicked off 2019 with one of our largest events, the Tertiary Blood Challenge with Red Cross organisation. All the dental universities competed against each other to see who would come out on top with the most donations and lives saved. JCU ultimately won the Blood Challenge, with Adelaide narrowly beating La Trobe to snag second and third places respectively.

The 2019 World Oral Health Day held on 20th March focused on how poor oral health can negatively affect how a young mouth develops. The campaign “Say Ahh: Act on Mouth Health” was promoted across campuses in conjunction with ADSA, educating both students and patients.

National Volunteer Week in May was a fantastic opportunity for ADSA to highlight some special dental and oral health students who had gone overseas to volunteer their knowledge and skills to disadvantaged communities. Their testimonials on their experiences posted on the ADSA Facebook page generated positive feedback and no doubt encouraged other students to volunteer in their next holiday periods.

A whole week of spreading awareness on all things dentistry was the essence of Dental Health Week. Some universities promoted this outside of the university campus, with La Trobe students promoting oral health activities at their local primary school. The children learnt how to brush their teeth properly and the effects of soft drinks on their precious teeth!
RUOK Day was another huge event on the ADSA community calendar for the second semester. Every university promoted the worthy cause on this important day for suicide prevention awareness. Students were treated to coffees and snacks as long as they asked someone dear to them, “R U OK?”. Yellow was the colour theme, and both physical and mental awareness was highlighted throughout the wellness week. Everyone thoroughly enjoyed this day, especially the cupcakes provided by MIPS.

Finally, I would just like to say a personal thankyou to the rest of the ADSA committee for making this year such an amazing and memorable last year of dental school for me. Also huge shoutout to Xin Jie, who was my hard-working subcommittee member and the very deserving community representative for next year! I already know 2020 will be an even better year for ADSA.
ADSACUP

Continuing on with our recently introduced initiative of the annual ADSA cup, this year’s competition had amazing participation by all of the oral health and dental schools across Australia.

Success in this competition is based on the participation of the cohorts of each of the schools in various ADSA events held throughout this year. After each of these events, participation is tallied and compiled as a percentage of each cohort. This year, such events included the ADSA survey, ADSA talks, blood drive donations and the first year signups.

Congratulations to the winning societies of this year’s ADSA cup with the placings as follows:
1st Place (receiving $1500): La Trobe University
2nd Place (receiving $500): University of Queensland
3rd Place (receiving $250): University of Western Australia

Thank you to everyone who participated in our various ADSA events this year. With many lives saved in the blood drive and over 700 views of our various ADSA Talks, we absolutely cannot wait to see everyone getting involved next year. Let’s make 2020 even bigger!
ADSA Talks 2019 consisted of 5 talks on different topics within dentistry. Let’s take a look back at some of the things we’ve learnt from these talks.

The first talk of the year was “Consent, Complaints, and Litigation in Dentistry” by Dr. Alexander Holden. Dr. Holden is a dentally-qualified ethicist based at the University of Sydney School of Dentistry where he is the senior lecturer in dental ethics, law and professionalism. His talk busted some common myths surrounding consent, litigation in dentistry and complaints. We will have challenging interactions with our patients. It’s useful to know how to deal with complaints and more importantly, how to avoid them in the first place.

Have you read the “Handbook of Paediatric Dentistry”? Well, Associate Professor Dr. Richard Widmer hopes you have. With over 35 years of experience in paediatric clinical practice, he co-edited this book and is an active clinician and lecturer. Associate Prof. Widmer was keen to share his knowledge and experiences with us during “A Day in the Life of a Paediatric Dentist”. He covered the basics of being a paediatric dentist, went through a few cases, and spoke on what to expect as a dentist treating children in general practice.

“Ergonomics and Wellness in Dentistry” was a talk about posture. In dentistry, poor posture combined with the repetitive motions we use can lead to pain, fatigue, and musculoskeletal issues. During this year’s ADA Congress, Dr. Aniko Ball spoke about how dentists can learn to recognise and change harmful work posture by applying the Inner Ergonomic principles. This talk was shared with students to encourage good habits early on. The topics included understanding the cause of occupational chronic pain, recognising harmful habitual work
posture, learning about the body’s biomechanical design, and developing postural awareness. Save yourself some money from seeing the chiropractor down the road and be mindful about your posture!

For those students wondering how to prepare themselves for their first year out of dental school, this next talk aimed to provide some insight on what to expect after graduation. “First Year Out of Dental School” covered everything from the ideal job, interview tips, mentoring, and dealing with staff and difficult patients. Dr. Nauvneel Kashyap, who is known for his knowledge in practice ownership, even went through a few sample interview questions during the talk. You can find these questions on the ADSA website, under ADSA Talks. These will be up until the end of this year.

To wrap up the program, we took a look into the world of Dento-Facial Aesthetics. Being the Founder and Director of the Australasian Academy of Dento-Facial Aesthetics (AADFA), Dr. Myles Holt was the right person to walk us through what this field entails and how we can offer these services to our patients. From Botox, Dermal Fillers, to Thread Lifts, and more, Dr. Holt discussed the myriad of extra-oral facial rejuvenation procedures that can be an addition to our dental toolkit. As a bonus, the AADFA currently offers new graduates 50% off their first training course, so make sure you jump on this offer if you’re interested.

Well that’s all from ADSA Talks this year. A big thank you to all our speakers for their contribution and we hope you’ve enjoyed the talks. We’ve received a number of questions from students for the speakers. Answers will be compiled and sent to students via email. Remember that ADSA Talks is for YOU to expand your knowledge in your profession so please fill in the ADSA National Survey and let us know what topics you’d like to hear about in the upcoming year.
For oral health, 2019 has been a fruitful year filled with notable events. As oral health officer of 2019, I set out with two goals: to keep updated on the scope of practice debate and to attend at least one official networking event as a representative for oral health on behalf of ADSA. I am excited to have fulfilled these goals and will outline some of the events that have happened in oral health this year, as well as summarise the updates following the scope of practice debate.

In May, Bill Suen was appointed as the new CEO of DHAA. I had the pleasure of meeting him in June and working closely with him regarding ideas that would involve oral health students more in the activities of ADSA. I am looking forward to the implementation of these ideas with the 2020 oral health officer, Zohair Kazmi, and wish him well in the new year.

The Australian Dental and Oral Health Therapists’ Association (ADOHTA) and the Dental Hygienists Association of Australia (DHAA) signed a memorandum of understanding (MoU) in the first week of August, which reinforces a positive collaborative working relationship for the benefit of oral health practitioners. You may find more information for your personal perusal here:

https://dhaa.info/dhaa-adohta-agree-positive-collaborative-working-relationship/?mc_cid=633a3be6de&mc_eid=70df0d4607

The International Symposium on Dental Hygiene (ISDH) is an international networking event over 3 days hosted every 3 years by the International Federation of Dental Hygienists (IFDH). This year it was hosted in Brisbane, and I enjoyed the privilege of attending and speaking with many experienced clinicians with decades of professional practice. I was fortunate to learn of cutting-edge advancements in ultrasonics, new periodontal classifications and edible Listerine mouthwash tablets at the trade exhibits! It was the highlight of my year as oral health officer! I am looking forward to the 2020 DHAA National Symposium, which will be hosted in Melbourne. More details can be found here:

https://dhaa.info/event/dhaa-national-symposium-2020/

This year, the scope of practice debate has also had an update from the Dental Board of Australia. In summary, health ministers
have approved the revised scope of practice registration standard as they have found no evidence that the proposed revision of the standard would have adverse effects on patient safety and quality. The review had also indicated “changes may increase the capacity of the dental workforce and may provide greater access to services and reduced wait times for services for rural and remote communities”. More information on this can be found here:

https://www.adohta.net.au/News/8086602

2019 has no doubt been an eventful year in oral health and I feel tremendously lucky to have been involved. I am thankful to the brilliant 2019 team, who have made working with them so rewarding. I am keen to see what 2020 will bring.
Dr Omar Ikram on his journey with RACDS and advice to young dentists

Dr Omar Ikram
BDS (Otago), FRACDS, M ClinDent (London), MRD (Edinburgh), FICD
Specialist in Endodontics
Federal Councillor for NSW
Australian Society of Endodontology

What advice would you offer young dentists today?

Make use of your spare time. When you cross that imaginary line called graduation, the idea of going to work, treating patients, coming home and putting your feet up, is very tempting. But putting spare time towards doing Primary Exams or the Final Exams will open doors for you, and most importantly will improve your experience of being a dentist. I meet so many dentists who tell me about the daily grind and that their career has stagnated. Meeting other dentists and putting effort into something which will make your ‘daily grind’ more interesting is definitely worthwhile.

A couple of my friends who had recently graduated were getting bored with not being busy at work. So they asked me about the RACDS Primary Exams and ended up getting lots of commendations! It’s satisfying to think that in these times of online education and free CPD that new graduates still really value the face to face experience and the personal satisfaction of achieving a career milestone.

When I sat the RACDS Primary Exams I lived in New Zealand and when I sat the Final exams I lived in the UK. The preparation courses enabled me to meet likeminded colleagues and spend some time in Sydney, which is one of the best cities in the world. The fact that I ended up living here is probably in part due to the positive memories of when I did RACDS Orientation Courses.

Completing the Primary Exams was a major achievement for me, I was a young new graduate dentist and the transition from dental student to private practitioner was a challenging one. Most new graduates find this, but don’t want to discuss it too much.

After the first few months of work I decided to do the Primary Exam and that really gave me focus for the year. Passing the Primary Exams really set the tone for the rest of my career. The process made me realise that going back to the basics and learning the science behind what we did every day, was so valuable. In undergraduate training we are really just bombarded with information and clinical work. Gaining a pass is all we really aim for, due to the sheer volume of work. But when we sit the Primary Exams we already have a good base of knowledge, so we essentially add to our already satisfactory knowledge base.

Being a member of the College opens a lot of doors. It makes you part of a special group of clinicians, who have dedicated their out of surgery time to trying to improve their clinical decision making. This then enables them to offer their patients the best evidence-based treatment.

Now as an examiner in the RACDS General Dentistry program it’s been great to meet like-minded clinicians, who prioritise education of their colleagues as part of their dental career.

Completing the Primary Exam is a great asset to have on your CV when applying for specialist training and also for yourself to be proud that your understanding of anatomy, biochemistry, physiology, histology, microbiology and pathology is of the highest standard required for general dentistry. There is a lot of personal satisfaction in knowing that and confidence in clinical dentistry comes with this increased knowledge, this in turn makes work more enjoyable!

“Passing the Primary Exams really set the tone for the rest of my career.”

Dr Omar Ikram
In 2014, I had recently started a partnership and opened a private practice, was newly engaged and had recently moved to Perth, Western Australia. Although I had a bit on my plate, I also knew I was interested in improving my clinical practice and wondered what continuing education opportunities were available.

I had first heard about the RACDS when I was completing my dental studies at the University of Melbourne, so the College was somewhat on my radar. I heard about colleagues preparing for the ‘Primaries’ and decided to find out more about the pathway, but was not sure if it was for me. At that point in my life, I was not sure if future specialisation was on the cards, and I was looking for something I could complete with less travel to suit my lifestyle as a new practice owner. I also wanted it to be very clinically relevant. Fortuitously, I came across the MRACDS (GDP) program, and it was a perfect fit! It was a part time program to be completed over 2 or 3 years, and I would be able to complete most of it within WA. I liked the idea of preparing case reports from the patients I was already seeing in clinic, and the modules of the short answer questions were directly relevant to my day to day practice. I was sold! But accessibility aside, perhaps the biggest reason why I loved the MRACDS program was the mentorship offered within the program, and I can not recommend it highly enough for this reason.

Dr Elizabeth "Libby" Day was my assigned mentor. She was the first person to complete the MRACDS(GDP) in WA, and is an absolute treasure trove of knowledge, expertise and support. Together with her partner Dr Albert Tan, periodontist, and my fellow MRACDS (GDP) candidate Dr Michael Nguyen, under their guidance, I felt I blossomed into a more confident clinician over the course of the program. Albert and Libby are incredible mentors, and I think it is a testament to their support and that Michael went on to win the Kenneth J Sutherland prize that year for most outstanding candidate.

I am very happy to report that Albert, Libby, Michael and I are good friends to this day. I am an avid proponent for collegiality within the RACDS for this reason, as I know firsthand how powerful it can be. Albert, Libby and myself are mentors for the MRACDS (GDP) program, and organize group sessions for our mentees in WA. I hope to pass on some of the support that I was lucky enough to (and still) receive.

Even more than the support with clinical practice - as I was a new transplant to Perth - Albert and Libby took me under their wing and introduced me to the Perth dental community. I will always be grateful for their kindness and generosity. Fast forward 5 years later, and I am an oral medicine specialist. I mention this as I was accepted into the training program with my MRACDS (GDP), which is something I get asked about fairly frequently.
The BOHDS 10 Year Anniversary, the biggest event in the history of BOHDS, celebrated our many achievements over the decade and the past and present members who make up our successful society. The presence of BOHDS alumni at this event, including its founder, Dr Alison Sahhar, made this night one to remember.

Recently, BOHDS volunteers also had the opportunity to share the importance of oral hygiene to students from St Therese’s Primary School. Children from prep to Grade 3 were given free toothbrushes and toothpaste and taught about oral health through fun, interactive activities, such as brushing and flossing demonstrations and classifying meals or drinks as “always” or “sometimes” food and drinks. This was a great experience for both the volunteers and the kids.

Another notable success this year included the BOHDS Soup for the Soul stall, raising money for Beyond Five. Beyond Five is Australia’s only non-for-profit head and neck cancer organisation; its name refers to the long-term support of patients beyond the 5-year survival period that doctors refer to when curing cancer. During Dental Health Week, one of our aims was to raise awareness and funds for people affected by this lesser known set of cancers. Through BOHDS, I was able to set up a stall selling soup at La Trobe in support of its Soup for the Soul campaign. The BOHDS stall managed to raise over $200 for Beyond Five.

For BOHDS Health and Wellbeing Week, members were invited to relax and de-stress, as they took part in guided meditation, a cooking demonstration from Matthew Hopcraft, an exhilarating F45 session and a jog to the scenic Kennington Reserve. During the week, ADSA invited BOHDS to raise awareness for mental health through their R U OK Day event at the university, prompting peers to ask each other the simple question that can showcase their support for one another and lead to deeper conversations.

Joanne Ling
Right from the start of the year with our successful Wine Mixer to our AGM to conclude the year, CSU’s year was filled with so many fun events. Following the RBC, the SDA held our annual Trivia Night sponsored by MIPS. It was a blast of an event with a solid turn out including some of our very own tutors. Having the privilege of being able to help and take part in such a successful event is one of the experiences that make being a representative so enjoyable. Although it may look easy from the outside, many don’t realise the amount of stress and work required behind the scenes that the committee goes through for event. With help from ADSA and MIPS, we then held our R U OK day. With a big attendance of over 60 people, the students received free coffee vouchers and morning tea snacks whilst also learning about the importance of mental health. This event couldn’t have occurred at a better time: just before our exams, a stressful time for us all.

CSU then held our Dent Revue which also gave me a firsthand experience of how the success of an event can be attributed to the hard work of the student members too. As the date clashed with many exams for everyone, it was amazing seeing how creative the students were, creating some of the funniest videos in such a short amount of time. The presence of staff as well as all the 5th year students who were on placement made us feel like we had created a platform in which students as well as staff could enjoy each other’s company outside of academic life. This made me feel so proud to be a member and the sounds of laughter of a completely filled out movie theatre will be an everlasting memory of being a representative of the SDA and ADSA.

To end such an amazing year, we held our Annual General Meeting. Being able to see the turnout and hear from the students that will take care of the SDA next year, I can say that I am so proud to say I was a member of the 2019 SDA and ADSA committee of 2019. Without the hard work from each and every one of the members, this year would not have turned out as well as it did. Both committees are in very safe hands for the coming years and I look forward to everything they achieve in 2020.
UQ Rep Will here!
My goal this year was to ensure that more students got to know about ADSA and felt connected with other dental schools around Australia, through participating in events such as the Red Cross Blood Drive, the ADSA Convention, and R U OK DAY! I hope everyone enjoyed the free phone cases, cupcakes, chocolates, cookies, coffee and ADSA Talk links!

UQ this year has had a very successful array of events from the fantastic Meet & Greet that started it all, to end with the traditional Sports Day where every year came together to enjoy a day out in the sun with endless amounts of booze. All through the year I worked alongside the hardest working people to ensure that all our members had the opportunity to experience the best student life while studying dentistry. Although dentistry can be shattering and serious, I hope that members got some relief from the initiatives we provided this year.

I had a wonderful time this year working alongside the most selfless people, who I am proud to call the UQDSA & ADSA Committee. Being part of two of the biggest dental associations in Australia meant that everyone involved was passionate, selfless and all led by example. While it may look like easy work sending out a few emails and contacting sponsors to come to events, I know that behind every event, there were at least half a dozen sleep-deprived (and possibly balding) Committee members trying their best to make it a success for everyone. I am writing this to give recognition to everyone that was involved in UQDSA and ADSA this year, as I know at times it can be a thankless job and one that people take for granted.

Overall it was a fantastic year for everyone that was involved. I am proud to say I was part of the 2019 ADSA team and I wish the best of luck to the incoming committee for 2020!
What a busy year it has been for JCU students, it’s amazing how fast the year has gone by with lots of events to look back on... let’s recap!

Our year was jam-packed full of events including the ADSA Red Cross Tertiary Blood Drive in which we came 1st place and our annual sports carnival. We also had trivia nights and Med x Dent mixers throughout the year at a local brewery. Our annual dentistry ball this year had the biggest turnout yet with supervisors, staff and students dancing the night away.

Thanks to ADSA and MIPS for sponsoring R U OK? Day, students gathered together for a Subway lunch and cupcakes and wrote messages of support and encouragement to fellow colleagues. We all know how tough dentistry and life can get!

Our JCU Dentistry Clinical Day is held yearly, an opportunity for 4th year students to present their research projects to colleagues, staff and local dentists. This year also marks 10 years of JCU Dentistry and our college invited founders, staff and students to celebrate this milestone with a cocktail party. The last day of semester 2 always finishes off with a Halloween party, gearing everyone up for SWOTVAC. Our Mental Health & Wellbeing Officer organised a Pilates session along with free donuts to help everyone stay calm and de-stress.

For our 5th year students, it was an opportunity to meet again at Back to Base after completing placements across Tasmania, Queensland, the Northern Territory, Thursday Island, Fiji and the Solomon Islands. They celebrated the end of their studies with a pre-graduation cake and it was farewell... well for now until graduation in December. How exciting!

It’s been a great year working alongside JCUDSA and ADSA, wishing everyone a successful year ahead for 2020.

Nhi Truong
With the year winding down, GUDSA had their Annual General Meeting in late September – with plenty of food, awards and election speeches! The meeting was a great way to wrap up 2019 for GUDSA and to reflect on the year just passed – and what a year it was!

With the beginning of the year starting off on such a strong foot, the latter part of the year seemed to match that pace. August saw the very first GUDSA ice skating event – the biggest sporting event of the year! 90 students ditched their scrubs for some skates and embraced the Aussie winter.

Carrying on from the successful sporting event, the highly anticipated Dental Masquerade Ball finally arrived at the end of August, where students let their hair down for a magical night. The ball was held at the Sheraton Grand Mirage Resort and was an absolute treat for car lovers: with a McLaren 720s, Bentley continental and an Aston Martin Vanquish making an appearance.

September was a huge month for GUDSA, kicking off with the R U OK? Day – which was a huge success! R U OK? Day couldn’t have come at a better time, with the exam season fast approaching. Thanks to MIPS, our sponsors, there were lots of cupcakes, pizza and coffee vouchers up for grabs. But most important were the conversations sparked on the day; people were encouraged to open up about how they were travelling.

The annual UQDSA vs. GUDSA soccer game took place later on in September – where GUDSA members travelled up to Brisbane for the friendly competition against our UQ rivals. The MIPS Cup was headed back to Griffith - marking another year and another win for GUDSA!

Whilst this semester has been packed, the academic committee were constantly working hard behind the scenes to provide numerous academic guest lectures and workshops. The year has been a successful one for GUDSA, with a plethora of social, academic and sporting events throughout each semester and I’m excited to see what 2020 has in store!
With 2019 drawing to a close, it’s time to reflect upon the wonderful events hosted by the Melbourne Dental Students’ Society! The year began with time travelling whereby the Dental Camp saw everyone decked out in fluoro and 80s active wear, and the MDSS Back to School Cruise which saw everyone in their school uniforms. Following these events were the Trivia and Case Presentation Nights. Of note, the 2018 Trivia Night reigning champions defended their title and celebrated their victory at the Meat and Wine Co.!

DSV Cup was finally upon us in early August and saw competitive showdowns between BOHDS and MDSS across an array of sports including netball, basketball, soccer, ultimate frisbee, and volleyball. Needless to say, MDSS kept it in check and won the Cup yet again! Careers Night was an eye-opening and greatly successful evening filled with guest presenters – ranging from perio, ortho, endo and fresh graduates – on a Q&A panel for students to raise queries with no topic off bounds!

To close off a wonderful year was the highly anticipated Grand Dental Ball which went off without a hitch at the Sofitel. This year’s theme was as classy as ever and based on 007’s Casino Royale theme. Everyone was dressed to impress and indulged in the opulence of the night before the storm of exams rolled round – which I’m sure we all passed with flying colours!

It was delightful to be a part of the 2019 ADSA and MDSS committees and I wish everyone all the best with their studies and future endeavours! I hope 2020 can only be better for all with new opportunities and enriching experiences.

Cindy Le
Yay! We did it! Another year completed! We are all excited and proud of what we have accomplished this year. UWA finished the race for the ADSA cup in third place - which we are very proud of! We enjoyed the talks, blood drive and other ADSA events. R U Ok? day went well and students enjoyed free coffee and snacks while checking in with each other. The end of year Dental Ball was a huge success- guests enjoyed celebrating with faculty and friends at the end of the year which also doubled as a final farewell to our graduates! Next year the UDSS will continue to host fun events such as the quiz night and welcoming night Prime and Bond. We look forward to doing more community outreach programs and educating the community more on oral health. That’s all for now! See you in 2020!

Colleen Westerman
Another great year comes to a close. Throughout the year, universities from around Australia have been competing for prizes that can be used by the student committees to fund further educational sessions, equipment and events via the ADSA Cup.

As part of the ADSA cup we ran blood donation drives through the Australian Red Cross, held many ADSA Talks on various topics by experts in their respective fields, and welcomed new students to join our ADSA family - the ever-growing, national body of dentistry and BOH students.

One particularly great event that was held the R U OK Day. R U OK is a suicide prevention charity that aims to inspire and empower everyone to meaningfully connect with the people around them and start a conversation with anyone who may be struggling with life. The event held in September; thanks to the kind and generous donations from our sponsors Colgate, MIPS, Guild Insurance and the ADA; was very successful with coffees and snacks provided for students, sparking conversations in the common room, and getting everyone asking each other R U OK?

There are a number of great social events still to come this year, with the Halfway Ball planned for our second-year students and end of exam festivities, there is still a few events to round out this year.

Thank you to Everyone for another great year of events and the great engagement we’ve had from all the students for the ADSA Talks.

We wish you all a very merry Christmas and a Happy New Year. Hope the holidays treat you all well, and give you time to relax before another great year in 2020.

Parshad Sankey
CQU has certainly had a busy year! Throughout 2019 we have supported events such as Dental Health Week, R U OK Day and World Cavity Free Future Day, while also starting our very own Student Association. This year, 5 students attended a 3-week volunteer placement in Cambodia in collaboration with UoN and Antipodeans.

Dental Health Week was a huge success, where a group of 3rd year BOH & Dietitian students attended Rockhampton High School and held an Oral Health Pop up event. All students that attended the event learnt how to read a nutrition panel and the importance of oral health, as well as receiving a toothbrush and toothpaste. In August we celebrated our Oral Health Ball where all students could dress up and mingle with other students and staff. It was a wonderful night filled with delicious food, flowing champagne, plenty of cocktails, live entertainment and lots of dancing!

R U OK Day was another extremely successful event, with many students and staff asking each other how they were going and raising awareness around mental health whilst studying BOH. Everyone had a great afternoon playing lawn games and enjoying a BBQ lunch. Thanks to ADSA and Colgate—For World Cavity Free Future Day, CQU was able to provide Oral Health Education to local Endeavour Clients while introducing them to the dental setting.

2020 looks to be an exciting year with all 3 cohorts now studying on campus and another 6 upcoming 3rd years participating in the volunteer Cambodia Placement in January!

Samantha Barbeler