

# UCSF ADEA NEWSLETTER

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## LETTER FROM THE VICE PRESIDENT

Happy New Year and welcome back from ADEA! It's time to start fresh and wholehearted in 2016! We want to congratulate our first year dental students for surviving their first quarter of dental school at UCSF. The hardest part is over and the fun part of dental school begins now! We would also like to recognize and welcome our newest additions to the ADEA student leadership board at UCSF from the first year class: D1 Representative: Bronwyn Hagan; Outreach Chair: Brittany Zhang;

Outreach Committee: Julianna Ko, Raymond Lee, and Elizabeth Grover. We have a great new group of ADEA board members this year and we can't wait to see what our newest members will contribute to advancing the future of ADEA at UCSF. Looking back on 2015, ADEA has brought many new opportunities and achievements to UCSF from educational outreach to community service to student-faculty relations! 2015 is going to be a tough year for ADEA to top, but we are working hard to bring even more exciting events in 2016.

And as always, we can't do it without the support from you all! Winter quarter is jam-packed with tons of exciting ADEA events and opportunities and we encourage you all to get involved so that we can make 2016 the best yet! Check out this newsletter to see what we've accomplished in the past quarter and get a sneak peek of future events to come. Stay active, stay motivated, and let's hope 2016 brings us even greater adventures on our journey to D.D.S. than ever before!

Best,  
Melissa Milder

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### WINTER 2016 EVENTS

ADEA has a ton of events this quarter! Be on the look out for emails and Facebook announcements on how to attend or volunteer for these events!

- I'm Going to College Day – February 18
- Senior's Brush up – February 20
- Impressions Conference – February 27
- Roads to Residencies – throughout February
- Homeless Shelter Screening – TBD
- What Matters Most to Me and Why – TBD

Connect with ADEA on social media! Like us on Facebook: [facebook.com/adeaatucsf](https://www.facebook.com/adeaatucsf), follow us on Twitter and Instagram @adeaatucsf, and join our group on LinkedIn: ADEA at UCSF.

## True Life Series

ADEA's True Life Series invites residents to share a day in their life. This fall, Dr. Raj Lotwala, a first year pediatric resident, shared his complex and unique path to UCSF. As a Cal graduate, Dr. Lotwala went on to Columbia's College of Dental Medicine and completed a GPR residency at New York Methodist Hospital. As a National Health Service Corp (NHSC) scholar, Dr. Lotwala provided dental health care to the prison population at a Federal Medical Center in North Carolina. Following Dr. Raj Lotwala's return to the west coast, he provided care at a Community Health Center before returning to academia for an orthodontic residency at the University of Washington. Following his adventurous story, he shared insight on a pediatric resident's day in the clinic and the challenges of working with children referred to the program. Dr. Lotwala gave advice to those applying to residencies and challenges of the profession today. ADEA's True Life series will return in Spring 2016!

– Eli Almaz



# HIGHLIGHTS FROM FALL 2015



## Miles For Smiles

The first annual Miles for Smiles fundraiser was an ADEA-sponsored fun run to be remembered. On a crisp Saturday morning in October, fellow students, faculty, and friends of UCSF all gathered together at the breathtaking Lake Merced to participate in the run that spanned

the loop of the beautiful lake. The foggy morning soon gave away to beautiful sunshine as the participants of the event ran their hearts out for the brief but still challenging 4.5-mile loop, and it was a close call for many participants. Prizes were rightfully awarded to the first five runners to cross the finish line: Zach Lee, Waise Omid Ebrahimi, Irene Cheng, Wilson Tam, and Kyle Hellstrom. But more importantly, laughter, excitement, and memories were shared by all. ADEA would like to thank all the participants who came out to this inaugural event, and if you missed it this time, be sure to register next year for this annual fun run!

– Sean Full

## What Matters to Me Most and Why

He's back! Our famous and beloved faculty with a legendary reputation for his past What Matters to Me Most and Why series honored us with his presence once again this quarter. Dr. Graham, the amalgam king, shared with us how he became the man he is today starting from his very



early years. Although he did not know that he wanted to be a dentist when he was little, he shared his story of his love for drilling holes with his best Christmas gift as a child, a hand drill. He also shared about meeting the love of his life, overcoming dental school with his focus and dedication and his patient's near death experience in the Navy that helped him learn skills beyond his dental school education. Every era of his life was presented with a theme song from the time period he enjoyed listening to. Each part of his story built upon each other to form his identity and personality. Unfortunately, the exciting musical story was cut short due to time and will be continued in the future. Thank you Dr. Graham!

– Jin Wan Kim

### *ADEA Community Education*

On Saturday, Nov. 14th, ADEA organized its first oral health instruction and dental screening with Mabuhay Health Clinic at the Bayanihan Community Center located on the outskirts of the Tenderloin. This health fair was also MHC's first



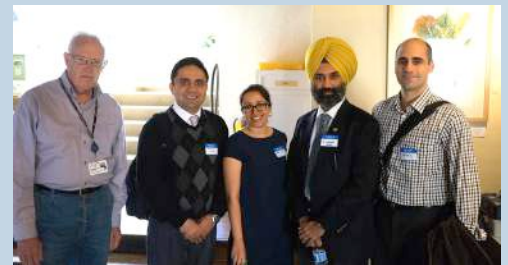
experience incorporating a dental component into their holistic care of patients, officially creating an environment of interdisciplinary care that includes mental health assessment, diabetes and nutrition awareness targeting the majority Filipino population at the clinic, and attention from UCSF's Schools of Medicine, Nursing, and Pharmacy. Faculty preceptor Dr. Michael Le presented to a large group of MHC coordinators and volunteers on the importance of oral health, managing dentures, and common pathological conditions. As the patients rotated through each health discipline in the clinic, 6 volunteer UCSF dental students worked closely with Dr. Le to collaborate and assist each other on oral screenings for the patients, provide referrals for dental treatment, and share how patients could obtain Denti-Cal health insurance in the area. Our volunteers really admired the flow of the clinic, as it was a real life application of the interprofessional education workshops they attended as first and second years. They also enjoyed their time interacting with the patients, getting involved in a small circle Q&A session with the pre-dental students when there was down time, and observing the unique clinic environment before them. At the end of the day, everyone agreed that MHC was a place they would love to continue to volunteer at on their own time throughout the year!

— *Tiffany Cheung*

### *Faculty Mentor-Mentee Luncheon*

Once again this year, ADEA had the honor of hosting the Faculty Mentor-Mentee Luncheon with Dr. Roykh and Dr. Mong. Thanks to the support from Dean Featherstone and all the faculty mentors who volunteered their time to mentor the first year students, the event was a great success! Students learned about the goals and the importance of mentorship and how their special bond with their mentor will help them succeed in their educational pursuits and their future careers. In addition, they were able to meet with their faculty mentors in the mentoring group, many of them for the first time, to kindle a long lasting bond and support. If the mentor could not make it to the meeting, it is highly encouraged for the mentees to reach out to their own mentors. After all, the mentors set aside time in their busy schedule to take care of their mentees. We at ADEA hope that the pairings will become valuable relationships in the future. We are already looking forward to another mentor-mentee event during the Spring quarter!

— *Jin Wan Kim*



### *D1/D2 Sim Lab Tutorial*

ADEA's quarterly D1/D2 Sim Lab tutorial was another great success! In fact, it was twice as great with two separate sim lab help sessions! On Day 1 of our Sim Lab help session, Dr. Ghaffari was so generous to volunteer a few hours of her time after teaching all day in the pre-doctoral clinic to spend some time helping the D1s and D2s get those last minute sign-offs on their quarterly projects. Almost every seat in sim lab was taken! On Day 2 of our Sim Lab help session, D3 and D4 student volunteers spent a few hours in sim lab providing one-on-one help to the D1 and D2 students. Based on the work that we've seen so far, we're looking at a very talented group of future dentists graduating from UCSF in the upcoming years! Thank you Dr. Ghaffari and all of the upperclassmen volunteers for all your support at this quarter's Sim Lab tutorial!

— *Melissa Milder*

### *ADEA Fall Session*

First of all, happy holidays everyone. Another year has come and gone, and while the body grows weary, the heart is strong, and the brain filled to the brim with more knowledge.

Our ADEA board had the pleasure of attending the ADEA Fall Session in Chicago this past season. The purpose of the meeting was to assemble as a student council to learn more about the current trends in dental education as well as future changes that would affect dental students on a national level. Upon beginning the conference, we found ourselves swept away by the positive energy and atmosphere of the leaders and attendees. Dentistry was a growing and evolving industry and times were changing accordingly. On our first day, we had a group workshop, which aimed to solve common struggles in dental school such as depression and financial management. Here both students and administrators joined forces to invent comprehensive solutions to improve the dental school experience and transition. The following days we spent learning more about

how we could improve the classroom experience, understand debt management and repayment plans, and a discussion of specialties and their changes. Throughout the conference we also had the rare opportunity to interact with students from other programs and see how their schools operated differently. This allowed us to see key benefits and disadvantages in our current curriculum while also showing constructive solutions to remedy various needs in the program. Chicago was a wonderful experience and we hope to continue our regular attendance at these conferences to grow in our knowledge of the future of dental education to in turn, educate those around us as well. — Joe Yun



## FACULTY PROFILE

**Name and title:** Leela B. Ghaffari DMD, MS, Assistant Clinical Professor

**Where did you go to dental school/get your post-graduate training?** Tufts University class of D-86, MS in Biomaterials science at NYU.

**What's your favorite part about your job at UCSF?** I love being with students, interacting with young intelligent adults, who are ambitious and trying to improve their lives by getting educated in one of the most fabulous fields of healthcare.

**What's the funniest/most memorable thing that's happened when treating a patient?** What I thought was funny was not so funny to my husband/patient, and trust me, you don't want to go home with your patient. I was trying a new method of bleaching on his teeth, needless to say I had a Kramer (from the show Seinfeld) moment on my hand when I took off every thing and his teeth were neon white.

**If you could go back in time, what would you do differently in dental school?** I would not wear high heels all day! Joking aside, I would not miss a minute of any lecture; I can't believe I still enjoy listening to Drs. Graham and Mendoza. There is still more to know, every time I see one of the students falling sleep or checking Facebook, I want to go over and tell them this is the most important point you are missing, but then again every point is vital and important.

**What's your biggest pet peeve?** Short cuts, there are none in life.

**What's your favorite movie?** Most recent is "The Martian", old but "Gone with the Wind" still remains a favorite.

**What are your hobbies?** Skiing, gardening and travelling.

**If you weren't a dentist, what would you be?** I would not; I would pick dentistry as a career again and again.

# CONGRATULATIONS

ADEA would like to extend its warmest congratulations to the following D4's for matching into a post-graduate program of their choice!

## Orthodontics

*Amin Abdallah* – Roseman University

*Molly Hague* – Washington Hospital Center

*Oscar Reyna-Blanco* – Harvard University

*Ricky Vargas* – UCSF

## Periodontics

*Ben Halpern* – UCSF

*Nathan Palanker* – University of Texas, Houston

*Neha Tamhane* – UCSF

*Chris Traxler* – University of Illinois, Chicago

## GPR/AEGD

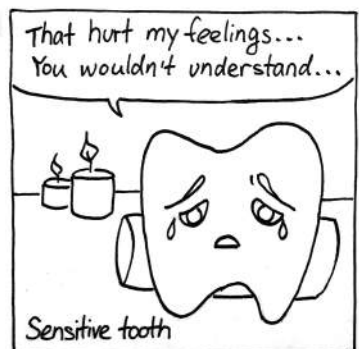
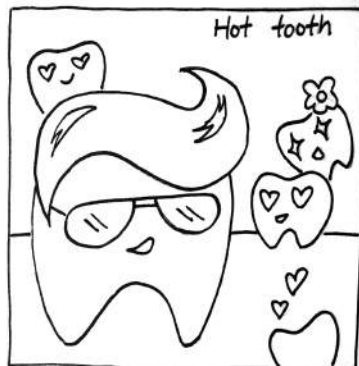
*Emily Horn* – South Texas Veterans Health Care System

*Zach Lee* – Queen's Medical Center

*Melanie Maddox* – Queen's Medical Center

## JUST FOR LAUGHS

Secret Life of Teeth by Wendan Li



## ABOUT ADEA AT UCSF

The American Dental Education Association Student Chapter at the UCSF School of Dentistry strives to promote excellence in all aspects of dental education by providing opportunities for professional development and leadership. We aim to address the need for dental educators, to encourage the pursuit of careers in academia and research, to further post-graduate education, and to outreach, mentor and recruit under-represented students into dentistry.

### Officers – 2014-2015

President – *Lucy Hallajian*

Vice President – *Melissa Milder*

Community Outreach Chair –  
*Alessandra Dieplinger*

Post-Graduate Chair – *Eli Almaz*

Student Faculty Liaison – *Jin Wan Kim*

Community Education – *Tiffany Cheung*

Treasurer – *Steven Phan*

Historian – *Charles Hu*

Public Relations – *Wendan Li*

Fundraiser – *Sean Full*

Webmaster – *Eli Almaz*

Education Chair – *Alex Wong*

Outreach Coordinators

2016 – *Valentina Zahran*

2017 – *Lucy Hallajian*

2018 – *Alessandra Dieplinger*

2019 – *Brittany Zhang*

2016 Representative – *Valentina Zahran*

2018 Representative – *Joe Yun*

2019 Representative – *Bronwyn Hagan*

Outreach Committee

2016 – *Valentina Zahran*

2017 – *Lucy Hallajian*

2018 – *Irene Louie, Joseph Chen*

2019 – *Julianna Ko, Raymond Lee, Elizabeth Grover*

ADEA National Positions

Regional Representative for the Pacific Region – *Lucy Hallajian*

