



## Letter from the Editor:

Dear Colleagues,

*Together we saw a vision to formalize our thoughts into a collective newsletter and today we see it come to fruition.*

*Seeing our successes, aspirations and hopes published in a student newsletter brings a certain feeling of gratitude to my heart and I hope you feel the same way.*

*I hope that you will consider submitting to future issues of our newsletter.*

Sammy Gill (DMD II)

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## The Curing Corner

Hosted by Andre's Café  
Questions by: Amir Fakhzadeh (DMD II), Danielle Fernandez (DMD II) and Sammy Gill (DMD II)  
Interviewed by: Amir Fakhzadeh (DMD II)  
Interviewees: Caitlin Reddy (DMD III) and Chris Bickford (DMD III)

### What was done to prepare you for your transition into clinic?

Chris: We were given a clinical orientation when we got back along with our pain control clinic. They gave us a mini-abbreviated tour of the clinic. In the morning we did injections on each other. We did SPS training in the lab. And that was pretty much it.

Amir: What's something we could be doing as second years?

Chris: The best thing to do is to go in and assist an upperclassman.

### Are there ever discrepancies between different professors' treatment plans?

Caitlin and Chris: Yes

### How do you find a happy medium?

Chris: Treatment plans in the patient chart can change. Something can be planned for a complex amalgam and then it ends up a



From Left: Chris Bickford (DMD III), Caitlin Reddy (DMD III) and Amir Fakhzadeh (DMD II)

crown. It's nice to have different views though. You can also put in your own input.

### Are the faculty members usually receptive to your ideas?

Caitlin: Yes. It's a good idea to go in with a plan. You should have a thought process.

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## Coffee and Hand-Pieces... Uniting the Classes

By Usman Zahid (AS I)

"Brrrrinnngggggg Brrrrinnnnngg" It is the most loathsome sound. I wake up in panic and it takes me 5 seconds to remember where I am. I'm not home. In fact, home is 5000 miles away and getting ready to wind down since it exists on the opposite end of the day in Pakistan.

My roommate is already dressed. He's super organized and gives me a certain snooty look when he sees my room. 10 minutes later, I'm armed with my laptop, notebook and coffee. I can't do it without caffeine. I could manage without a hand-piece, but no caffeine is impossible.

Oral Pathology has started in the 670 Auditorium. A lot of DMD students think that since we, AS students, are already dentists, everything including Oral Pathology and complex amalgams is a piece of super sugary chocolate cake with frosting on top and that these two years are a general breeze of doing things that we already mastered years ago. Grass is always greener on the other side, people. I can tell you that the only thing that comes to my mind regarding Adenomatoid Odontogenic Tumor is a migraine. Some things never change.

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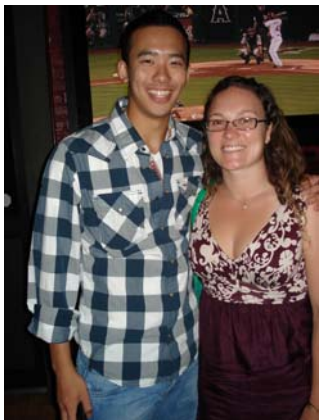


From Left: Jason Pan (DMD II), Rick Zavada (DMD II), Behram Shah (DMD II) and Josh Gilbert (DMD II)

*“Eventually, there will come a time to practice alone and the opportunity to ask questions, make mistakes and learn from others will not easily be at one’s disposal.”*



From Left: Seth Caldon (DMD IV), Derrick Call (DMD IV) and James Lee (DMD II)



From Left: Chris Chan (DMD I) and Sarah Bulger (DMD II)

## First Years Lay Your Woes Aside

By Cameron Shahbazian (DMD II) and Sammy Gill (DMD II)

Freshman dental students are stressed out, confused, and at times unorganized. Thankfully, there are a few remedies to calm the ailments imposed on freshmen and allow for a smooth transition into sophomore year.

First, it’s important to recognize that the first year of dental school is a vigorous one. Many upperclassmen will confirm this claim and success may follow those underclassmen that heed their advice.

Many faculty and staff members at the Boston University Henry M. Goldman School of Dental Medicine (GSDM) are caring and attentive. Vocalizing opinions could mean increasing the quality of educational experience. Class surveys and evaluations can anonymously give an opinion. A testament to these surveys is seen in the curriculum changes that classes have been experiencing. These changes were made partly as a result of students vocalizing their opinions and faculty listening to their suggestions.

Students should not shy away from asking questions. Questions can range from exams, syllabi and curriculums to social events, clinical attire and policy. Being inquisitive is not a crime, but an attribute that cultivates success. Chances are high that fellow colleagues have the same concerns. It is best not to allow egos get in the way of making mistakes and learning. Eventually, there will come a time to practice alone and the opportunity to ask questions, make mistakes and learn from others will not easily be at one’s disposal.

Finally, look at classmates as family members who can be relied on for support. It’s no surprise that seeing the same faces day in and day out may grow tiring. In fact, for the first ten to fifteen years’ parents probably feel similarly about their children. Communication is another key to success. Chances are that certain points are missed by some and grasped by others. Reliance on

one another fosters life long relationships that dental school inevitably brews. Kindness and respect for all allows the bridges of communication to be open with everyone. It is important to find common ground with as many colleagues as possible.



Looking towards the future is pivotal. Much effort is relayed in order to get to such a point in life and at many times it comes as a cost. The costs can include personal lives, private relationships and recreational hobbies. The resulting benefit is what one hopes is a fortuitous career in dentistry that allows the redevelopment of these aspects of life. Maintaining a fine balance is important. Downtimes come few and far between the first year of dental school. Whether watching Glee, visiting Harvard Square or partying the Friday night before an exam, the choice should be made wisely. The way a freshman spends his downtimes can contribute to success or failure in the first year of dental school.



From Left: John Greiner (DMD III), Danielle Berkowitz (DMD III), Dee Gulis (DMD IV) and Chris Bickford (DMD III)



## Curing Corner (continued)

What can underclassmen start to think about early on if they are planning on doing GPR's, AEGD's or specialties?

Chris: So for the GPR and AEGD's figure out if you want to work in a clinic or a hospital setting. AEGD is more like a school-based learning. For the GPR you are in a hospital setting. You will see more trauma patients.

How do you build a resume?

Caitlin: I would say you already have one from applying to dental school. Keep it a running thing. For instance when I was elected class secretary I updated my resume. Anything you do, keep it documented. Literally anything you do, keep track of it. It's hard to go back and remember what you did in first year.

Are there any helpful hints you can give us regarding preclinical labs?

Caitlin: Just go to lab. A lot of people didn't go to endo or fixed. Get your hands on extracted teeth early. You screen the teeth

and x-ray them. You set yourself up to do well (by having a lot of teeth to choose from for the endo summative).

Pedo lab was really random. What was frustrating is that it wasn't made known that the first lab is what you're going to be graded on. There was no demonstration, like the way it is in Dr. McManama's class. Be careful with that first lab.

Chris: Make sure you are doing the right tooth. Make sure your teeth are in the right way.

What is one thing you would go back and change about your freshman and sophomore year?

Chris: I definitely would've spent more time in the SLC. The year goes by quick. I kind of wish I would've stayed an extra hour and half after lab instead of trying to come back.

Caitlin: I would've practiced the abutment prep (in remo) more.



Amir Fakhrzadeh (DMD II) getting ready to interview Caitlin Reddy and Chris Bickford (both DMD IIIs) at Andre's Café.



Clockwise: Sammy Gill (DMD II), Amir Fakhrzadeh (DMD II), Caitlin Reddy (DMD III) and Chris Bickford (DMD III)

## Coffee and Hand-Pieces... Uniting the Classes (continued)

It's funny when you walk into class and pick up on the differences between the DMD students and the AS students. A particular tendency of the DMDs is to sit on the left and for AS, to sit on the right. The AS are armed with notebooks and the DMDs with their Macbooks. By the way, notebook means paper.

Yes, some of us AS students have a tendency to write down everything that falls from the lecturer's mouths. That sometimes means writing down a funny incident that happened to them 20 years ago. You never know what might be asked in the paper.

Getting back to class, it's now time for the Operative lab sessions. One thing that's frustrating about being an AS student is the number of instruments and lack of a locker

in the SLC. I don't need a gym membership. Two years of running from the medical school to the SLC is enough to make me look like as lean as Ryan Reynolds.

What is admirable about the education at GSDM is the attention to detail. Every procedure is painstakingly mapped. Every nook and cranny is attended to. The instructors are very approachable and become increasingly stricter as the sessions progress. If anything, this allows students to remain focused and slightly anxious rather than to become complacent.

Well perfect enough until Dr. Ferriero sees it and lets you know the exact moment in your prep when you were thinking more about the concert you planned to attend rather than the gouge that your bur was creating.



"I can't do it without caffeine. I could manage without a hand-piece, but no caffeine is impossible."

Usman Zahid (AS I)



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*Do you have an idea  
for a story or an  
opinion piece?*

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in chief at  
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*Boston University Henry M. Goldman School of Dental Medicine gets recognized at the ASDA Eastern Regional meeting with the Outstanding Chapter Contribution Award. From Left: Marina Gonchar (DMD II), Sammy Gill (DMD II), Danielle Berkowitz (DMD III), James Lee (DMD II), Caitlin Reddy (DMD III) and Marc Horton (DMD II)*

## Updates from the Eastern Regional Meeting in Buffalo, NY

By Sammy Gill (DMD II)

Six students were nominated to attend the ASDA Eastern Regional Meeting in Buffalo, NY this September.

Business management, success in advocacy, licensure and board exam changes, dental clinic settings and credit scores were discussed amongst students and mentors representing sixteen different schools.

This year BU ASDA was recognized with the Outstanding Chapter Contribution Award.

As a prelude to the meeting three GSDM students, including Danielle Berkowitz, Jenny Lorenzo and Sammy Gill were appointed to District 1 cabinet chair positions.



*BU ASDA members were busy this October picking pumpkins in Western Massachusetts in anticipation for Halloween.*

*From Left: Amir Fakhzadeh (DMD II), Arsalan Elahi (DMD II), Amar Awadi (AS I), Delsaz Sultan (AS I), Erica Manczuk, Svetlana Vdovichenko (AS I), Cameron Shahbazian (DMD II), Marina Gonchar (DMD II) and James Lee (DMD II).*

## 15% OFF AT ANDRE'S CAFE

Bring this coupon to Andre's for 15% off any purchase (dine in, pick up, catering or delivery). Some restrictions apply. Please see in store for details. Andre's Café is located at 811 Harrison Avenue, Boston, MA, 02118. Offer expires December 31, 2011.