

BU ASDA executive board:

Co-Editor

Esther H. Kim
estkim@bu.edu

1st Delegate

Lily Ghafouri
lilyg@bu.edu

2nd Delegate/Co-Editor

Ariel Bales-Kogan
abales@bu.edu

Alternate Delegate

Rohinton Patel
ronpatel@bu.edu

Secretary

Erik Reifentahl
erikfr@bu.edu

Legislative Liaison

Catherine Bunin-Stevenson
pest@bu.edu

Social Co-Chairs

Taera Kim
taerakim@bu.edu

Sherwin Arman
sherwin@bu.edu

Fundraising Co-Chairs

Swati Kakade
skakade@bu.edu

Nikita Vakil
nvakil@bu.edu

Pre-Dental Committee Chairperson

Amelia Grabe
agrabe@bu.edu

Pre-Dental President

Caroline Pronesti
predest@bu.edu

Int'l Student Representative

Negar Nasseripour
negar@bu.edu

DMD I Representative

Rohini Badlani
rohini@bu.edu

DMD II Representative

Bennet Lee
blee7@bu.edu

DMD III Representative

Rishi Khana
richie@bu.edu

DMD IV Representative

Farshad Bakhtyari
fbakhtya@bu.edu

Yankee Dental: A Boston Tradition

Ariel Bales-Kogan (DMD 2003)



The Yankee Dental Congress has long been an awaited treat for students at the beginning of each year. It is an opportunity to sneak into educational lectures beyond the scope of our didactic education, and more importantly, it is a chance to stock up on free dental supplies until next year—when Yankee Dental comes to town again.

This time around though, Yankee was a little more special than in previous years.

For the first time

ever, the American Dental Association (ADA) SUCCESS seminar series was held at a major conference venue—at the Sheraton Hotel. The seminar was titled “Life After Dental School” and targeted key topics directly related to the business side of dentistry. Attendance to the seminar was free admission, due to generous sponsorship by the Massachusetts Dental Society (MDS), the Council on Membership, the ADA, and the American Student Dental Association (ASDA).

Over 100 students from Boston University, Harvard University, Tufts University, and the University of Connecticut chose to put sleep aside on this particular Saturday (February 2) and present themselves at 8 am to get a little business education. The all-day seminar was a dentathlon in itself, covering a spectrum of topics from asso-

ciateship contracts, marketing strategies, and staffing incentives to xeon lighting and other new products essential to high-tech dentistry.

Dr. Anita Elliot and Dr. George Stratigopoulos presented the seminar with great enthusiasm and a unique, personal touch that was both supportive and encouraging. Both doctors combined business facts with personal anecdotes in a very comprehensive and understandable fashion. Many thanks go to Dr. Elliot and Dr. Stratigopoulos for volunteering their time and expenses to speak at the SUCCESS seminar.

The Patterson Corporation offered further student incentives by donating generous gifts that were raffled off throughout the seminar. Recipients were handed items such as business cards and a brand new fiberoptic handpiece. Other vendors were also present at half-time to dispense more great give-a-ways.

In conclusion, the SUCCESS seminar at the 27th annual Yankee Dental Congress was a true success, worthy of the name. We look forward to bringing it to Boston again next year.



George J. Stratigopoulos, DDS, is the dental director of Edutek (a dental assisting college) and a member of the board of dental examiners for California's Committee on Dental Auxiliaries.



Anita W. Elliott, DDS, is a past president of the Central Arizona Dental Society. She maintains a private practice in Chandler, AZ.

INSIDE:

Dental Politics: What's the Big Deal?	2
MassHealth Cuts: A Detailed Look	3
The Artistic Dentist	4
Introductions to the 2001-2002 BU ASDA Executive Board	6
In-Profile with Dr. Hains	10

Dental Politics: What's the Big Deal?

Catherine Bunin-Stevenson (DMD 2005)

You're in dental school. You stay up late studying, and your free time is less than limited. So, why should you give any thought to the current state of politics?

Politics affect you as a dental student as much—if not more—than it affects dentists who are currently licensed and

practicing. The laws that are being proposed today and implemented tomorrow are the laws that you, as a practicing dentist, will have to live by for years.

Many dental students are interested in establishing one national licensing standard or implementing reciprocity within the United States. These goals can only be met with the help of Congress.

Individual congressional members listen to their large constituencies, and the American Dental Association constitutes a large voting constituency.

As a practicing dentist,

there will be many issues that you will want to bring to the attention of your local representative. These may include mandating insurance

companies in your state to cover specific dental procedures, implementing fee increases in Medicaid reimbursement, making school loan interest tax deductible, or main-

taining the independence of dental practitioners within their own offices.

Currently in Massachusetts, you are foreseeing the serious impact of a legislative policy change by Acting Governor Swift in which Massachusetts's Medicaid MassHealth Program will cut its coverage of basic dental procedures for adults. This will affect not only those persons covered by the program, but also the health care providers who treat those patients. Furthermore, it will definitely impact you all as dental students since dental patients may be-

come more difficult to come by and thus, completing your clinical competencies will be a harder task.

Even though you are a busy dental student with numerous "to-be-fulfilled" requirements to graduate, you can make the time to contact your local dental board and find out what activities the local ADA/ASDA is doing jointly with your state's representatives. You can also join in and take part in a letter writing campaign on any issue which you are deeply concerned about and which may directly affect you.

As you progress in your career in dentistry, you will be amazed as you discover more and more of the multitude of ways in which politics and the law directly affect you.

Take action! Make things happen *for* you—not *to* you. Otherwise, you may find yourself unexpectedly trudging through a bureaucratic quicksand, with serious impacts on both your present education and your future dental practice.



And th'asda way it is. . .

What do you think should be changed at BU?

The number one thing that I would change right now is the clinic priority scheduling system along with increasing the number of clinic chairs for students (hey, you can't increase enrollment without increasing the chairs. It's CHAOS!)

I would like to see more opportunities for interaction between the classes, as I feel the upperclassmen have a plethora of experience and knowledge to share with the first years. They would be an excellent resource in helping to guide the first years in settling into their new lives as dental students at BU.

I really, wish we still had the wax build-up lab for Dental Anatomy. I think that our understanding and knowledge would definitely be enhanced and reinforced by hands-on, 3-D labs where we actually shape and form the teeth. Almost every other dental school still has the wax lab, so it's rather odd that we don't. It feels like an essential part of our education is being left out.

MassHealth Cuts: A Detailed Look

Esther H. Kim (DMD 2004)

March 15, 2002. Do you know what's happening on that date? The elimination of basic dental services to MassHealth adult patients.

To be more specific, starting on March 15, MassHealth will no longer cover dental services other than emergency care, extractions, and dentures for patients over the age of 21. That means no checkups, no cleanings, no fillings, no root canals, nor any other regular dental visits routinely covered in the past. Adult patients exempt from this limited coverage are those with "special circumstances"—people with severe chronic disabilities who are unable to maintain oral hygiene and people with life-threatening oral diseases.

This new policy will, of course, adversely affect the handful of private clinics and community health centers that treat MassHealth patients—most of whom do not fall under the "special circumstances" category.

But the most dramatic impact may be on the dental schools in Boston themselves—Tufts, Harvard, and Boston University. The patient pool of these schools' clinics are largely composed of MassHealth patients, and dental students may find it much harder to complete their competencies by graduation day.

MassHealth is the combination of Medicaid and CHIP (Children's Health Insurance Program) as a single health-care program for low-income residents of Massachusetts. The state agency that administers MassHealth is the Division of Medical Assistance (DMA).

According to Janet Pearlman, the dental and behav-

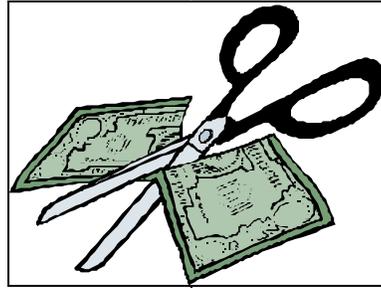
ioral health benefit manager for the state's DMA, about 1 out of 6 adults in Massachusetts are covered by MassHealth. According to Rick Klein, a journalist for the *Boston Globe*, the number of adults under MassHealth is around 500,000. Whichever way one looks at it, there will definitely be many people left without basic dental care due to the dramatic cuts in state spending (from \$58 million to \$8 million annually for adult dental care—a 86% decrease in funds).

Why such a large cut? Richard McGreal, a spokesman for the DMA, stated: "We're experiencing a rapid growth of expenditures and needed to look at cost savings measures." Pearlman added: "The Commonwealth is suffering the worst fiscal crisis in 10 years. We were asked to identify savings initiatives to assist with [Massachusetts's] fiscal year 2003 budget deficit of \$1.66 billion. This is not a decision that we were happy about making."

So, where are the savings from the adult program cuts going? Elizabeth Pressman, DMA's director of benefit services, says that a portion of the \$50 million will be used to increase fees for dentists treating children under MassHealth and a portion will (perhaps) be used to pay for a third-party administrator to run the MassHealth program more efficiently and effectively. The remainder of the cuts (at least \$30 million) will go to the state. (*Note: this proposed third party administrator is still in discussion with*

no decision made to date. The DMA's deadline to present its final regulations and details is March 1).

As mentioned above, the children's dental program will receive more funds, and children will continue to receive full coverage for dental services from MassHealth after March 15. The



federal government mandates that comprehensive dental care must be provided for children. However, there is no such requirement for adults.

Dr. Fadi Farah, a periodontist and faculty member at Boston University Goldman School of Dental Medicine, reflects: "[The new policy] will have a dramatic effect on treatment. We go to a great extent in trying to restore teeth by doing fillings, root canals, crowns.... But if MassHealth doesn't cover these procedures and an adult patient needs a large occlusal filling, then there won't be many options other than extraction. It's sad to think that a \$75 procedure could have saved a tooth that instead will have to be taken out."

Laurie Stillman, executive director of the Massachusetts Public Health Association, says: "This is such a shortsighted approach to health and finances. By not focusing on keeping people healthy, we're going to be in an escalating financial nightmare."

Janet Pearlman (DMA) replies: "I say this humbly—I know we don't have a fantastic dental program. This is not an ideal or a wonderful adult dental program. But this is the best that we can do."

The Artistic

This is the third edition of this section in the BU ASDA *Explorer*. Thanks to all your contributions, "The Artistic Dentist" is now a permanent part of each future issue.

A dental education is a very scientific process. Although neverending, it does lack that certain ability to allow us to express ourselves in different and imaginative ways. This section is intended to demonstrate that dentists, too, have artistic and creative sides worth exploring.

If you wish to contribute to this section, please feel free to submit your material to your class representative or by email to estkim@bu.edu.



Negar Nasseripour (AS II)



REFLECTIONS

Endless wait,
 Broken appointments, cancelled classes,
 Exams to top,
 Eyes popping, Caffeine kicking,
 Notes flying, Old exams surfacing,
 When, How, and Why?
 Soon reminiscences,
 With a flair for surviving
 All that it takes
 Perhaps on a busy or dry practice day
 Thanks to "alma mater"
 So many things can now be done in a day
 For the value of sunshine can be appreciated
 Only after those dark winter days!

-Ami Shah (AS II)

People promise
 But words hold no value
 If they are meant to be broken
 Like rivers which refuse to flow
 Even with no drought
 Too much taken for granted,
 Perhaps to satisfy ego?
 What if the air had some?
 Maybe no paper to print,
 For news that would never end!
 So count those breaths and remember,
 Rivers do change course!

-Ami Shah (AS II)



Dentist

On The Other Side

The warm glow of the glass chandeliers
 The brass pots filled with cheerful, crimson flowers
 The clean, shiny gleam of polished floors
 Beckon me close to the gilded café doors. . .
 So inviting, so inviting. . .

Through the open doorway stand the tall coffee canisters
 Next to the delicate china cups, and I think
 How nice it would be to sip an espresso on this cold, wintry day
 With the delicious aroma circling 'round my head. . .
 So inviting, so inviting. . .

With crisp, white uniforms and hands folded at rapt attention,
 Three waiters stand before me, but
 As silent statues, taking no notice of the crowded room
 Eyes fixed upon a distant object, faces bland. . .
 So cold, so cold. . .



No light burns within this quiet café,
 No life within the still waiters,
 No welcome extended to outsiders
 On the other side of this paper wall.

I touch the wooden table
 Outside the open café doors,
 And all I feel is the painted picture
 Under my fingertips. . .

So cold, so cold. . .

-Esther H. Kim (DMD 2004)



*Esther H. Kim
 (DMD 2004)*

Escape of the Rhythm

A starry night of poisonous glory,
 The debut scent of blossom's first color.
 A warm breeze whistles between the branches
 Like the sweet song of a secret lover's content.

The moon shines with a stolen brightness
 From a source of power just within reach.
 A reflection in an endless battle
 Renders the souls of even the Earth's finest nectar weak.

Beside the reality of a dream once imagined
 Now utters the truth of a life seeking pleasures
 Scattered fractions of moments of unmatched synchrony
 Build a foundation of

Ariel Bales-Kogan (DMD 2003)

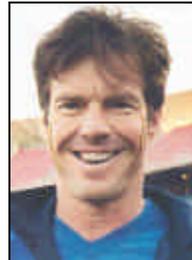
Introducing the 2001-2002 BU



Lily Ghafouri (DMD 2003)
1st Delegate

My hometown is Los Angeles, CA. I attended UCLA for undergrad, majoring in Biochemistry.

My main interests are skiing, reading, and playing the piano.



Rishi Khana (DMD 2003)
3rd Year Class Representative

I was born in London, England. I went to an army school in England until the age of 18 and then completed an undergraduate biology degree from B.U in 3 years.

I have thoroughly appreciated the roads opened to me by being part of ASDA. Our diversity helps us address student concerns, aiding students in attaining successful and rewarding dental careers.



Ariel Bales-Kogan (DMD 2003)
2nd Delegate/Co-Editor

My hometown is Petah-Tikya (Israel). For undergrad, I went to McGill University in Montreal with joint majors in Physiology and Mathematics.

My hobbies are sleeping, eating, and playing tennis.



Farshad Bakhtvari (DMD 2002)
4th Year Class Representative

My hometown is Newton, MA. My undergrad college was Boston University, where I majored in Human Physiology.

One of the things I enjoy doing most is driving very fast through the streets of Boston.



Rohinton (Ron) Patel (DMD 2005)
Alternate Delegate

I'm from San Francisco, CA. I graduated from California State University, Hayward, with a B.S. in Biology & a Chem minor.

After college, I worked as a protein-purification "lab rat." Before entering dental school, I spent one year as a grade school science teacher. In my spare time, I like to run, draw, and watch movies.



Negar Nesseripour (AS II)
Int'l Student Representative

I graduated in 1999 from my dental school back home in Paris, France.

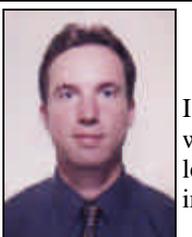
My hobbies have become eating at lunch (it happened just once this week), sleeping, going out with friends for coffee at Flour (on Washington St) or Francesca's (on Tremont St). I love going to the movies (especially the late, late shows at the General Cinema Fenway on Friday nights when they show classics from recent years.



Rohini Badlani (DMD 2005)
1st Year Class Representative

I have a psychobiology major from the University of Miami, which is located in my hometown—in Florida, of course.

I love playing tennis, painting, and shopping.



Erik Reifentahl (DMD 2005)
Secretary

I am from East Brookfield, MA. I went to undergrad at Boston College and in 1996, received a degree in Biology.

For 3 years, I worked as a District Executive in Finger Lakes, NY, with the Boy Scouts of America. I then spent about 2 years as an ESL instructor in Tokyo, Japan. My hobbies include *Star Trek: The Next Generation* and going to the gym (running, swimming, and biking).



Bennet Lee (DMD 2004)
2nd Year Class Representative

I grew up in Edmonton, Alberta and graduated from the University of Alberta with a Bachelor of Science, majoring in Biological Sciences and minoring in Psychology.

My interests include lacrosse, rugby, skiing, football and most recently basketball.

ASDA Officer Executive Board



Amelia Grabe (DMD 2005)
Pre-Dental Chair

I'm from Plainfield, NH, and I graduated from Hamilton College in 1996 with a BA in French and a minor in Biology. I've always known I wanted to be a dentist, as my father's a dentist, and I've worked in his office throughout my entire life.

My hobbies are drawing, mosaics, painting, art history, French literature and culture, ice hockey, sailing, and rollerblading.



Nikita Vakil (DMD 2004)
Fundraising Co-Chair

My hometown is Coral Springs, FL. I graduated from the University of Miami with a major in psychobiology.

My favorite things to do are soccer, roller-blading, playing piano, spending time with family & friends, and traveling.



Caroline Pronesti (CAS 2003)
Pre-Dental President

I'm a psychology major/biology minor at Boston University, and my home town is Kingston, NY.

I love watching movies — my favorite one right now is *Amélie*. As for music, I'm a big Portishead fan.



Taera Kim (DMD 2004)
Social Co-Chair

My hometown is sunny Southern California. I got my BS at UCLA. Deciding for the major was a big dilemma. I loved Biology but sucked at it, hated Chemistry but was so good at it.

What was my solution? Biochemistry.

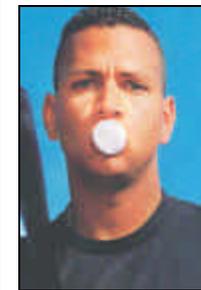
As far as my hobbies are concerned, I love tennis, skiing, and golfing.



Esther H. Kim (DMD 2004)
Co-Editor

I'm from Houston, TX. I attended Andrews University (in Berrien Springs, Michigan) as a Studio Art major and a Chemistry minor.

One of my favorite hobbies is drawing. Mainly pencil portraits. Other things I enjoy are singing, reading novels, watching movies, playing with adorably friendly animals, and listening to the BSO and the Boston Pops at Symphony Hall.



Sherwin Arman (DMD 2004)
Social Co-Chair

Before I came to BU, I lived in Whittier, CA, and I attended UC Irvine. I was also a Biology major like most.

I haven't been to too many places yet, but so far, I'd say the coolest place is Haymarket. Where else can you get all the food you need at great prices? The only problem is getting all that stuff home.



Swati Kakade (DMD 2003)
Fundraising Co-Chair

I grew up in Fredericton, New Brunswick, Canada, but moved to Toronto in 1995 where I finished my undergraduate degree. I went to the University of Toronto and received an Honors Degree in Biology.

My hobbies are running, reading, cooking, traveling, and watching movies. I'm really looking forward to being on the ASDA committee this year.



Catherine Bunin-Stevenson (DMD 2005)
Social Co-Chair

I'm from Vinalhaven, Maine and New York City, NY. My undergraduate degrees in Dental Hygiene and Biology are from the University of Maine at Orono. I received my Juris Doctorate degree from Franklin Pierce Law Center in Concord, New Hampshire.

Every other weekend, I work as a hygienist at a rural dental health clinic in Maine. My hobbies are black-and-white photography and acting.

ASDA 2nd Annual Basketball Tournament

Farshad Bakhtyari (DMD 2002)

On January 27, Boston University Goldman School of Dental Medicine hosted the second annual ASDA Region 1 Basketball Tournament. There were a total of 10 competing teams from all four dental schools in the region. Around 70 students from Boston University, Tufts, Harvard, and UConn Dental schools competed in this one day fundraiser.

In the first round, the 10 teams played each other in a round-robin style format. Each game consisted of two 12 minute halves. The top 8 teams then moved on to the second and final round, where teams were eliminated one by one. Interestingly enough, the final four teams were all from different schools.

At the semi-finals, **The Amalgamatorz** of Harvard Dental School emerged as victors

(17-9) against **The Reamers** of Tufts Dental. On the other side, **The Bricklayers** of Boston University won their rights to the final game by beating **Incidental Contact** of UConn Dental School (23-11).

The final game was an exciting and challenging one. Both teams fought hard until only one was left standing. That team was no other than **The Bricklayers** of Boston University Dental School, consisting of players all from the freshman class.

The proud winners were Jamie Salling, Payam Tabankia,

Denny Puskas, Ryan Choo, and Danielle Cummings, led by captains Jonathan Tomlinson and Ilyas Ahmed. **The Bricklayers** beat **The Amalgamatorz** (23-14) to be the 2002 Champions and walked home with the cash prize!



From left to right:
 (back row) Shaun Gabucan, Payam Tabankia,
 Jonathan Tomlinson, Denny Puskas, Ryan Choo
 (front row) Jamie Salling, Ilyas Ahmed, Danielle Cummings

ASDA SCRUB SALE!!!



Top Quality Scrub Sets – only \$20!!!

*Choose from 8 colors with the
 B.U. Dental Monogram*

- Unisex V-neck top with one breast pocket
- Drawstring pant with one hip pocket

Contact your class ASDA rep. or Swati- skakade@bu.edu
 Nikita- nvakil@bu.edu

Cash or check (make payable to BU ASDA) only by MAR. 15



ORDER FORM

Name: _____ E-mail: _____
 Phone #: () _____

Quantity	Size XS/S/M/L/XL/2XL	Color Lt. Blue / Navy / Teal / Royal / White / Dk. Green / Purple / Burgundy	Total

A Pre-Dental Awakening at BU

Caroline Pronesti (CAS 2003)

Prior to September of 2001, BU undergrad students pursuing careers in Dentistry were devoid of any organizational or extracurricular outlets.

We were lost among the health professions—thrown together as an unidentifiable group, including but not limited to the masses of premed students.

In order to eliminate this confusion and to create a cohesive group focused on definite dental objectives, I began the BU Pre-dental American Student Dental Association this fall.

Although the Society was created with only one member, we have rapidly grown to over 20 active members.

We look forward to developing relationships with successful dental practitioners, researchers, educators, and fellow students—individuals who will encourage our personal and professional growth in the dental profession. We are also enthusiastic about fostering individual awareness of the profession as well as increasing our base of knowledge in issues important to dental school admissions, current scientific and technological innovations, the benefits of organized dentistry, and the pragmatics of patient care.

Our kick-off event at BUSDM occurred in November as an informative visit to the dental school where undergraduate students were welcomed by the faculty, administration, and pre-doctoral students. ASDA 2nd Delegate, Ariel Bales-Kogan (BUSDM '03) hosted the event and helped the undergraduate students experience a glimpse of

the educational world of dentistry. With Ariel's assistance, we participated in detailed discussions on the clinical, aca-



first undergraduate ASDA organization; our first appointed Pre-dental Committee Chairperson, Amelia Grabe (BUSDM '05); our first invitation to the Yankee Dental Conference with admission generously funded by the Mass Dental Society; our first entry into the ASDA basketball tournament in Boston; and most of all, the first time that a unified network of undergraduate dental students has existed at BU.

With a full schedule of upcoming events for 22002 and strong support

from the ASDA committee members at BU, the future of the Pre-dent Society looks promising. Our membership is firmly established, and we are seeking to expand both within BU and neighboring universities. We are lost no more.

demtic, diagnostic, and technological components of dental school. We even filled our first simulated cavities! It has been an exciting year of firsts for our Pre-dental community: the formation of BU's

And th'asda way it is. . .

What do you like most about BU?

I like the APEX program that the school offers. The experience is definitely helping me feel more comfortable in the clinical setting. Observing the dentists at work also make me more aware of what I should (or shouldn't!) do when doing amalgams, composites, root canals, and temporary crowns—which will be useful knowledge when I'm working in the SLC lab or on the 5th floor clinic.

I like being surrounded by great friends, faculty, and mentors. It's almost a feeling of family! (I know, cheez, but it's true)

I have been highly impressed with the value the administration places on student input and the implementation of changes as a result.

What I like most about BU is how the faculty and staff really try to help us in any way they can, such as changing scheduled tests if things get too rough. They are pretty accessible to the students.

In-Profile with Dr. Hains

Lily Ghafouri (DMD 2003)



Dr. Frederick O'Donnell Hains, DDS, MS, BCDS,
Baltimore College of Dental Surgery. Clinical Instructor of Restorative Sciences/ Biomaterials

An intriguing man who has sparked interest among many faculty and students at Boston University, Dr. Frederick Hains has definitely been regarded in the highest degree. A well-balanced individual, a devoted husband, and an excellent sailor, his charm is as appealing as his biography, which is certain to captivate all who read it.

After graduating from the University of Maryland, Dr. Hains continued his education and earned a Masters of Science degree in Biology. He began working at Johns Hopkins School of Medicine as a cancer researcher around the same time that one of his friends began dental school. Through a number of encounters and discussions with his friend, Dr. Hains became interested in dentistry. He applied to dental school and enrolled into the University of Maryland: *"Dental school for me was such a blast. It wasn't like work to me...it was just enjoyable. I had a great class, and we all had a good time together."*

Upon graduation from dental school, Dr. Hains was accepted into a two-year hospital-based general practice residency program with the Public Health Service. During his second year, he became a staff dentist. However, by the end of the year, the public health system was done away with. As a result of many cutbacks, all public health clinics

and hospitals were closed.

Consequently, the facility became a non-profit clinic, operating under the hospices of St. Elizabeth Hospital in Brighton. Dr. Hains then became the clinic's director. When he first began, it consisted of him and a first year resident. The clinic staff quickly grew, however. Dr. Hains soon had seven dentists, two dental hygienists, and lab technician Jerry Dorato all working at the clinic. It wasn't long before the clinic became involved with the APEX and externship programs at Boston University.

In 1983, while clinical director at St. Elizabeth's, Dr. Hains started his own private practice in Braintree—working in the evenings as well as on the weekends. In 1993, the hospital decided that it no longer needed a dental facility. As a result, the clinic was closed, and Dr. Hains began working full time at his practice: *"Working at my own private practice is rewarding, because I can do it my way, and I have a staff that's been with me since 1983."*

In 1995, Dr. Hains made an influential career move. He joined the on-site faculty at BU: *"Here my focus is more in dealing with the enthusiasm that I have for doing dentistry. Now I'm being challenged by all different skill levels and my mandate is not so much 'how do I treat this situation' as 'how to*

teach you to treat this situation'. It also makes me a little more critical of my work and it makes me more critical of your work. I feel like you have selected this to be your avocation and your vocation. You're joining the club, you want to be a dentist and my job is to show you from my perspective how I did it and what mistakes I made so you don't have to make those mistakes."

He began volunteering at the 5th floor clinic two days a week—on Thursdays and Saturdays. Within a short time, he was invited to put in more hours—now working Mondays, Thursdays and Tuesday mornings as well.

"We were very pleased when he expressed an interest to become more involved at the school. He has an exceptional manner about him -- genial and professional—a quality to which our students really gravitate. Dr. Hains is an outstanding teacher who combines vast practical experience with a real ability to connect with our students and help them succeed. We are very fortunate to have him at BUSDM," expressed Dean Frankl.

Many students may inquire how a general dentist such as Dr. Hains has achieved such a high and respected stature in the dental community. His fellow colleagues do not question his unerring judgment in treatment planning, which is often regarded as the most challenging aspect of dentistry.

So how did he get to where he is today? During dental school and throughout his residency, Dr. Hains gained a lot of experience in Periodontics, Prosthodontics and Oral Surgery. Furthermore, he continues to educate himself by frequently attending Continuing Education courses, especially in Perio/Pros. Dr. Hains attends a study club with a group of general dentists who

(Continued on page 11)

In-Profile...

(Continued from page 10)

meet on a regular basis to review cases and advance their knowledge through case presentation and discussion. He also serves as a fellow of the Academy of General Dentistry, an educationally motivated dental society.

His accomplishments do not stop there, however. Dr. Hains is also involved in two research projects. The first project concerns a computerized

anesthesia delivery system known as the WAND. The second project is a mapping out of the anesthesia given when you perform an anterior middle superior alveolar injection, which is an injection given in the roof of the mouth using the WAND: *"It's good for esthetic dentistry because it doesn't destroy the ability of the patient to smile."*

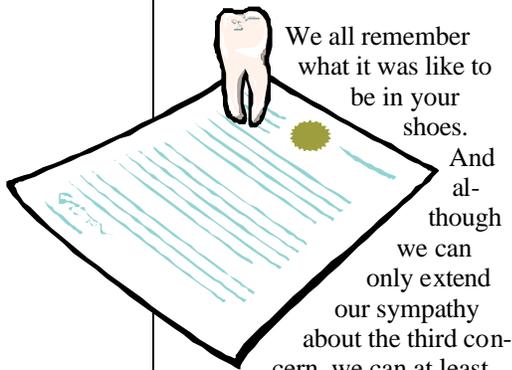
No doubt about it, Dr. Hains—avid student, motivated educator, and exceptional role model—has demonstrated his untiring ability to succeed in every task he pursues. All of us

who cross his path are influenced in some way by him. Some are drawn to his continuous efforts to further himself. Others are drawn to his professionalism and vast amount of knowledge. One thing is for sure: his impact on dentistry continues to be a testament to his dedication for this profession.

Today, Dr. Hains can be found on the school's clinic floor, working with and educating students about what he knows and loves best...dentistry.

Practical Application: APEX and Boards, Part I

In one's first year of dental school at BU, the topmost concerns are "What will APEX be like?", "How can I do well on the Part I Boards?", and "Will I ever have a weekend when I won't have to worry about (sigh) another test on Monday?"



We all remember what it was like to be in your shoes. And although we can only extend our sympathy about the third concern, we can at least provide some helpful advice in how to maximize your APEX experience—no matter where you end up—and how to prepare for your boards in December. Here's a compilation of tips from upperclassmen who have experienced it, survived it, and lived to tell the tale.

About APEX:

1) The most important thing is to have a friendly, confident, ready-to-help attitude. Get to know everyone in the office—the dentists, the assistants, the hygien-

ists, and the front desk workers. Not only will it make going to work a lot more enjoyable, but a good relationship with the staff will most likely lead to lots of opportunities to learn about the clinical, assisting, and business aspects of dentistry. Keep in mind that the difference between a good dentist and a successful one is his/her people skills.

2) Don't be afraid to do things. If someone asks you to do something, do it! Remember—everything you do is reversible, and the best way to truly learn is not from standing behind someone and passively watching, but from actually picking up the instruments, impression trays, and x-rays and doing it yourself.

3) Whenever you're confused about something, ask questions. Again, there's no need to be afraid. You're a student. You're not expected to know everything yet. Relax.

4) Keep in mind, however, that the more you know, the more you can learn. If you don't have a solid grasp of dental or gross anatomy, then you won't really be able to understand the clinical talk going on around you.

Imagine this—you're in a library filled with profound, detailed literary works. But you

barely know how to read the alphabet. You won't get very far, will you? To quote an old saying, "you've got to learn to walk before you can run." Likewise, you've got to learn the basics (*dental anatomy, gross anatomy, operative dentistry, and radiology*) before you can learn in-depth about clinical diagnosis and treatment.

5) Observe and ask questions as much as you can in your first week, so that you know how the office is set up and how certain procedures are performed. Then be bold and volunteer to do things (in the operatories and at the front desk) whenever you find yourself standing idly around. Keep busy. Don't just twiddle your thumbs and wait for someone to tell you what to do. Find something to do.

6) Read about the procedures and medical/dental conditions that you see in your APEX office. It will definitely enhance your understanding of what's going on in front of you, and hey—you'll probably have to learn it later in dental school, so why not get a head start now and clear up the

(Continued on page 12)

And th'asda way it is. . .

What is the coolest place in Boston?

The coolest place is Tiffany's (at Copley Place).
-Catherine Bunin-Stevenson

Newbury Street & the Boston Commons.
-Rohini Badlani

Faneuil Hall.
-Rohinton Patel



The coolest place in Boston is probably some dive, little, hole-in the wall that I haven't yet discovered.
-Ariel Bales-Kogan

Theater District & the Copley/Boylston Area.
-Nikita Vakil

Boston College during a BC sporting event—especially when they are doing well.
-Erik Reifentahl

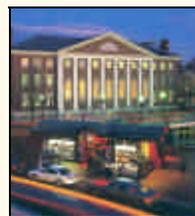
Caprice (in the Theater District, on Tremont St).
-Farshad Bakhtyari

The Basement in Limbo. It has the best deserts in Boston.
-Caroline Pronesti

I love the Public Garden. It's a nice, peaceful spot in the middle of all the brick and metal buildings downtown.
-Esther H. Kim

The 5th floor clinic—where I spend all my time.
-Lily Ghafouri

It all depends on what you're looking for. . . Be it a walk through the Commons and the Esplanade (check out the summer concerts at the Hatch shell) or a stroll around Harvard Square and Faneuil Hall.
-Amelia Grabe



(Continued from page 11)
confusion?

7) Try to get to the SLC and practice. If you've got the willpower to do it, you'll find that you'll have a huge head start when you start Operative Dentistry again.

8) Get your sleep. The days are long, and you're on your feet 90% of the time. You'll need energy, and a good night's sleep will give you plenty.

About Boards, Part I:

1) Start reading those Dental Decks. Just to familiarize yourself with the info. Although it's true that you'll probably forget most of it after reading it once, reading the Decks during your APEX will save you time later. The more times you read the info, the easier and quicker it'll stay in your head. And be sure to pay special attention to the "Note" and "Remember" sections on each card.

2) If you focus on the Dental

Decks and old Board exams, you'll do well. The Part I exam is pretty straightforward.

3) Study Dental Anatomy with a good anatomical typodont. And even though Dental Anatomy is easier to learn than the other sections, don't blow it off. Keep in mind that it's worth just as much as the other sections.

4) Study Gross Anatomy with the Netter atlas and Dr. Zoller's notes.

5) If you're thinking of specializing, try not to skip too many classes (ex: Pathology) in order to study for the Boards. A high GPA is just as important (perhaps more) than a good board score.

6) Get a full 8 hours of sleep the night before the test. Don't stay up cramming. You need to be sharp and alert on the morning of your exam. If you cram, you'll end up staring sleepily at the last 2 sections of the Boards. Not a good idea. To do well, you've got to stay awake. ☺

Solve this!



There are six marbles that weigh the same except for one. One marble weighs either more or less than the rest.

Using the balance only three times, determine which marble weighs differently than the others.



Check next issue for answers.