



Green Advice

Many items that can be recycled into the blue paper recycle bins – Starbucks coffee cups, pizza boxes, and Lean Cuisine dinner trays – often end up in the garbage, says **Connie-Marie Sanders**, administrative coordinator for pathology and radiology. “There are only a few items that *can’t* be recycled,” she said. “Just rinse out your food containers or brush out those pizza boxes and they can go into the recycle bins. If you are recycling all the items that are recyclable, then your regular waste basket should only need to be emptied once a week.” For a list of what can be recycled or for a free small blue recycle wastebasket, contact Connie-Marie, x4-8904, room 515.

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DS4’s Head Into the Community

The second batch of fourth-year OHSU dental students opting to participate in the School of Dentistry’s new community dental rotation will be heading out this month and next. And, beginning September of 2009 all fourth year dental students will be required to complete a minimum two-week community dental rotation.

Eleven dental students are participating in an elective two-week community dental rotation in community clinics and private offices around the state, according to **Mike**

Plunkett, D.D.S., M.P.H., assistant professor of community dentistry, and director of outreach programs. The community dental rotation is sponsored by AHEC (Area Health Education Centers) and the Oregon Office of Rural Health. One goal of the program is to increase the number of dentists practicing in rural underserved areas.

“Health science education is generally moving toward community-based models,” said Dr. Plunkett. “This model has been very successful at multiple dental and medical schools in the United States and *(continued on page four)*”

Physical therapist teaching ergonomics



Third-year OHSU dental student Jesse Head demonstrates ergonomically correct posture in the OHSU simulation lab. (Photo Bethany Valachi)

Having an outside consultant teach dental ergonomics has been a successful endeavor, according to OHSU School of Dental faculty.

“We’ve had a licensed physical therapist teaching dental ergonomics for about a year now and have found that the students take the dental ergonomics presentations more seriously,” said **Michael Carlascio**, D.M.D. ’81, assistant professor of restorative dentistry, who supervises the dental ergonomic portions of the OHSU curriculum with **Michael Taylor**, D.M.D., assistant professor of restorative dentistry. “Dental students’ feedback on the program so far has been very positive.”

SOD faculty and staff reinforce the ergonomic concepts in the curriculum by commenting on and correcting student *(continued on page 3)*

SOD At Special Olympics

Eleven first- through fourth-year OHSU dental students and a recent OHSU alum braved the triple-digit heat in late June to screen and conduct oral hygiene instructions for the state's Special Olympics Special Smiles athletes and their families. This was the sixth year OHSU participated in the annual event, said **Phyllis Beemsterboer**, M.S., Ed.D., associate dean for academic affairs.

Ninety young athletes and their families visited the School of Dentistry tent during the event, said Dr. Beemsterboer. Special Olympics Special Smiles was held June 28 at Liberty High School in Hillsboro.



Fourth-year dental student Mike Melanson cares for a young athlete. (Photo Melissa Monner)

Dr. Beemsterboer was joined by **Melissa Monner**, predoctoral clinic coordinator; **Mary Ann Haisch**, R.D.H., coordinator for outreach services; **Jeff Stewart**, D.D.S., associate professor of pathology; **Paul Fox**, D.M.D. '07; second-year dental students **Eric Berkner**, **Byung-il Lee**, **Charles Nguyen**, **Vishal Panchmatia**, **Ryan Surface**, and **Kyle Thames**; third-year dental student **Azita Shahgeldi**; and fourth-year dental students **Spencer Campbell**, **Lane Cook**, **Michael Melanson**, and **Cheryl O'Malley**.

"The 101 degree heat was a bit more than planned, but we enjoyed being part of the activities for these special athletes," said Dr. Beemsterboer. "They always make me smile!"

New OMS faculty

Julie Ann Smith, D.D.S., M.D., is the new director of pre-doctoral education for the department of oral and maxillofacial surgery (OMS). Dr. Smith joins OHSU Aug. 1. She replaces **Gary Wilson**, D.M.D. '77, who died in August 2007. **Eugene Kelley**, D.M.D. '59, assistant professor emeritus, has served as interim director.

Dr. Smith joins the SOD from Walter Reed Army Medical Center where she's been staff surgeon since 2001. She also is the residency program director for OMS at the National Capital Consortium.

Dr. Smith is involved with a number of national dental and OMS organizations, including delegate for the U.S. Army to District 2 for the American Association of Oral and Maxillofacial Surgeons (AAOMS) House of Delegates; a member of the AAOMS Faculty Workforce Task Force; a 2008 site visitor for the Commission on Dental Accreditation; and an OMSSAT examination question writer.

Dr. Smith has authored numerous publications. Most recently, she wrote a chapter on autoimmune disease for the AAOMS. She is currently working on a chapter regarding oral manifestations of HIV disease.

She is a frequent scientific presenter at conferences and annual meetings. In 2004, she received the U.S. Army's Global War on Terrorism Medal.

Dr. Smith received her doctor of dental surgery from Columbia University and her medical degree from the University of Pittsburgh.

Dental Bites is the SOD's monthly internal newsletter. If you have a story or photo submission, please contact Sydney Clevenger (clevenge@ohsu.edu, 503-418-1792) by the 25th of the month prior to each monthly publication.

Dental Ergonomics

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posture and patient position on an ongoing basis during the student's pre-clinic and clinical practice, said Dr. Carlascio.

Dental students are graded on their practice and knowledge of dental ergonomics, as part of the OHSU curriculum, said Dr. Taylor.

"As a person who sat chair-side for 30 years, who now has chronic back pain, I have significant concern for dental students' well-being," said Dr. Taylor. "I would like to see students not have the aches and pains I have. That's a doable goal; they just need to pay attention to the details. Grading dental students on the ergonomics presented is one way we can ensure their health becomes a priority."

Bethany Valachi, P.T., M.S., C.E.A.S., the author of *Practice Dentistry Pain-Free*, who is a clinical instructor for the SOD, said dentists are vulnerable to musculoskeletal disorders and injuries due to the repetitive nature of their practice.

"Young people always think musculoskeletal pain won't happen to them and sometimes they forge ahead through the discomfort of non-ergonomic equipment and then carry their poorly acquired habits into their practices, risking injury," said Valachi. "We teach them that pain doesn't have to be a part of dentistry."

Valachi says two out of three dentists report musculoskeletal pain. By their third year of dental school, 70 percent of dental students complain of musculoskeletal pain.

At OHSU, first year dental students are taught the basics of ergonomics and are measured and advised on the proper selection of magnification loupes, a purchase that occurs at the end of students' first year. The selection of magnification loupes is critical because poorly manufactured or maladjusted loupes can cause pain and discomfort.

By their second year of dental school, OHSU students undergo a series of lectures followed by practicums in the pre-doctoral clinic.

During these lectures and labs, dental students are shown how to adjust their operator stools to facilitate good working posture with regard to height and backrest adjustment. In the simulation lab, dental students are shown the proper height of the patient, positioning for upper versus lower arch and also different quadrants of the mouth.

"Our goal is for students to develop good ergonomic habits now so they, hopefully, won't have muscle strain, pain, and injury later," said Dr. Taylor.

2008-09 Funding Opportunity

The OHSU Research Center for Gender-Based Medicine has 2008-09 funding opportunities through its Seed Funding Program, which supports translational bench and clinical studies intended to investigate gender-related aspects of human disease. For more information, go to www.ohsu.edu/rcgbm.

SOD Calendar

Aug. 15	End of six-week summer session (DS2 to DS4)
Aug. 25	Early fall term begins (DS1)
Sept. 1	Labor Day (OHSU holiday)
Sept. 4-5	DS1 Orientation (Cannon Beach)
Sept. 12	Cantwell Memorial Golf Tournament, 7:45 a.m.
Sept. 20	Margaret M. Ryan Dental Hygiene Update and Cantwell Memorial Lecture
Sept. 24	Faculty conference, 8:30 a.m. to 5 p.m.
Sept. 26	End of early fall term
Sept. 29	Fall term begins (DS1 to DS4)

Community Education *(continued from page one)*



Michael Plunkett, D.D.S., M.P.H.

around the world.” For example, dental schools at Ohio State, Kentucky, and the University of North Carolina require a minimum of 60 days of community-based clinical education for DS4’s. The University of Colorado School of Dentistry requires 100 days and the University of Michigan is considering utilizing community-based sites for the bulk of the

fourth year of dental education. “The states that are on the forefront of addressing workforce and access to dental care issues typically have a strong partner in their respective schools of dentistry,” he said.

“By extending the walls of the dental school throughout Oregon and the region we not only tap into a wealth of diverse clinical experience but also get directly involved in helping communities address their most pressing problems with access to dental care,” said Plunkett.

Lack of funding for dental programs, increasing numbers of low-income patients who are costly to treat, a shortage of qualified faculty, lower faculty salaries compared to private practice, and a workforce lacking in diversity, all have pressured United States dental schools to change their clinical delivery systems, according to the August 2007 *Journal of Dental Education*. National foundations, such as the Robert Wood Johnson Foundation, have indicated their interest in funding community-based dental education and such funds are often, in part, funneled back into dental schools to help develop sustainable financial models that include community involvement as a mission, said Dr. Plunkett. *(continued column at right)*

In fact, Dr. Plunkett recently received a two-year, \$10,000 grant from the Northwest Health Foundation to measure the effects of community-based education on senior dental students, and he is currently working with the Ford Family Foundation to develop a significant loan repayment fund for dentists interested in practicing in rural underserved Oregon counties. He is also working on a collaborative research grant with the University of Washington to conduct school-based research on early caries prevention in rural Oregon.

“This summer is a small window into the types of experiences we will offer our students in the future. As our relationships with local communities strengthen, and we develop strong partnerships with other organizations, the possibilities for collaboration and community engagement are boundless,” said Dr. Plunkett.

Dr. Plunkett said it is important to note that OHSU dental students are assigned to a community, not a site. “Our model is rare among dental schools because we expect students not only to provide direct patient care, but to immerse themselves within the community, potentially going to the schools, meeting with local elected officials, working in the dental vans and the Boys and Girls Club clinics, visiting local hospitals, and learning about what makes the community tick. What we’re promoting to our students is community engagement through learning experiences that will equip them to become strong advocates for oral health and access to dental care in their chosen communities of practice.”

The community-engaged approach is one reason fourth-year dental student **Alan Chen** agreed to spend two weeks (Sept. 8 to 19) in Grants Pass, Ore., and four days (Aug. 25 to 29) in Hillsboro at the Virginia Garcia Memorial Clinic.

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White Coats for DS2's

The Class of 2011 received their white coats at a July 18 ceremony at the Old Library. This is the third white coat ceremony for School of Dentistry students this year!

"The School of Dentistry's new group practice structure has brought first- and second-year dental students into the pre-doctoral clinic for patient care much sooner than before and so they need their white coats earlier in the curriculum," said Dean **Jack Clinton**, D.M.D. '64. "Because the students needed their white coats sooner, we have moved our traditional timeline of 'coating' the dental students from the end of their second year to the end of their first year. This meant we conducted three ceremonies this school year."

Thomas Gailbraith, D.D.S., adjunct professor of prosthodontics, and **Jeffrey Brunner**, D.M.D. '97, assistant professor of prosthodontics, were selected to coat the dental students. Ten dental students received their white coat from a dentist family member.

The white coat is significant as it officially marks dental students entry into the clinic and beginning of patient care.



Thomas Gailbraith, D.D.S., adjunct professor of prosthodontics (left) coats second-year dental student Joseph Greenwood (right) as Jeffrey Brunner, D.M.D. '97, looks on. (Photo Dan Carter)

New Residents for SOD

Sixteen residents have joined the SOD beginning summer term, according to the office of admissions and student affairs. This brings the total number of SOD residents to 48. Welcome:

Endodontology

- ***Stephen Hansen**, D.M.D. '07
- ***Sarah Heward**, D.M.D. '00
- ***Christopher Siu**, D.D.S.

Orthodontics

- ***Melissa Brown**, D.M.D.
- ***John Delplanche**, D.M.D. '08
- ***Bryan Houlberg**, D.D.S.
- ***Adam Timock**, D.D.S.

Pediatric Dentistry

- ***Emilia Adam**, D.M.D.
- ***Jenna Milot**, D.D.S.
- ***Aivan Nguyen**, D.D.S.
- ***Elizabeth Palmer**, D.M.D. '08

Periodontology

- ***Sean McKeown**, D.D.S.
- ***Sarah Nguyen**, D.M.D. '04
- ***Jeffrey Yang**, D.M.D.

Oral and maxillofacial Surgery

- ***Mae Hyre**, D.M.D.
- ***Michael Markiewicz**, D.D.S.

DS4 Wins OHSU Award

Fourth-year dental student **Cole Johnson** was one of two winners of the Educator Award at the May 21 OHSU Student Volunteer Awards. Cole was one of eight nominees for the annual Educator Award, which recognizes a student demonstrating commitment to mentoring, presenting, or teaching. **Elizabeth Palmer**, D.M.D. '07, was nominated for the Community Outreach and Clinical Service Award, and second-year dental student **Amanda Stickney** was nominated for the Rising Star Award. The third annual Student Volunteer awards were presented by the OHSU Student Council.

SOD'er Hosts Benefit

Longtime administrator in patient services, **Grace Kuto**, has revised her cookbook, "*Harambee! Stories and Recipes from the African Family Circle*," and is hosting a book signing and benefit Aug. 14 at Portland State University. All School of Dentistry students, staff, and faculty are invited to attend.

The \$30 evening includes an African dinner with recipes from the cookbook. Attendees also will take home a signed copy of the book and have the opportunity to hear The Honorable Peter N.R.O. Ogego, Kenyan Ambassador to the United States. Half of the proceeds benefit the Chwele Community Development in Kenya, including the purchase of an ambulance and construction of a new community center to host programs for micro-credit projects, HIV/AIDS orphans, widows, dental hygiene, and nutrition. For more information, go to www.gracekuto.com or email kutop@comcast.net.

Grace was raised an orphan in Chwele and, despite living in Portland, Ore., remains devoted to her homeland village.

In February 2007, Grace's sister, Elizabeth Bwayo, her brother-in-law Job Bwayo, and Portlander Carol Briggs, were randomly shot while leaving a Nairobi health care conference. The women were shot in the face and when they were stable, returned to the United States for surgery from **Leon Assael**, D.M.D., chair of oral and maxillofacial surgery, and his team. (Dr. Job Bwayo was killed in the roadside attack).

"As Elizabeth's and Carol's recovery slowly but surely looked better and better each day, a new sun started to rise in my heart for new life again," said Grace. "I received a gift of peace and joy in my heart I had not felt for so long. I took one week from my job and revised my Harambee Cookbook, which I first wrote in 1995 to build the Chwele Health Clinic."

Grace said that when Elizabeth is recovered she hopes to return to Kenya to work at the Harmabee Center.

HR in SOD

The School of Dentistry now has its own human resources representative on site. **Kendra Seits**, HR business partner, is in the school Tuesdays from 8:30 a.m. to noon in room 607. Kendra can answer questions on employee and labor relations, recruitment and general compensation, and benefits issues. She can be reached at 4-0640 or seitsk@ohsu.edu.

Community Education

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"These clinics are well funded and run, and I feel are part of a possible solution for the access to dental care crisis we have in the U.S." said Alan.

Alan will not only help care for patients in the Siskiyou Community Health Center, but will go out into southern Oregon in the dental vans and to local schools to provide care and oral health information. In Hillsboro, his patients will be primarily Spanish speaking.

"I will also have the opportunity to meet with local political figures to share the dental community's perspective on needs for the community and our willingness to solve the access to care issue," he said. "I am interested in getting to know other communities in the state."

That sounds great to **Aubra Johnson**, director of dental services for Siskiyou Community Health Center in Grants Pass. "There are so many areas away from the cities and there are a lot of rural clinics and a big population that needs access to care. I think it is wonderful that OHSU is promoting this program," she said. "It is long overdue and we're all very excited about it."

Dive Into Dentistry



Tom Galbraith, D.D.S., adjunct professor of prosthodontics, talks to pre-dental students at the ASDA's first Dive Into Dentistry event.

To boost pre-dental students' experiences, OHSU's American Student Dental Association (ASDA) organized the first Dive Into Dentistry. The one-day event July 12 taught pre-dental undergraduate students how to do an amalgam and composite preparation and restoration on extracted teeth, periodontal scaling, periodontal probing and recording, as well as a demonstration on waxing and casting a full gold crown. Thirty-nine pre-dental students attended, from such schools as Oregon State University, Portland State University, and George Fox. One student even drove from Klamath Falls. "It was truly an exciting day for both the attendees and OHSU volunteers," said **Lindsay Brown**, ASDA vice president. "Thank you to the many people who helped make the event possible."

Dr. Morton Recognized

David Morton, Ph.D., professor of integrative biosciences, was a panelist for the 2008 National Science Foundation Graduate Research Fellowship Program. For several days in February, Dr. Morton reviewed and evaluated applications for the fellowship.

SOD'ers On the Go

Last issue we said goodbye to some School of Dentistry colleagues and we missed a few. Also departing:

***Larry Irish**, Ph.D., D.M.D., assistant professor of pathology and head of infection control, who is retiring at the end of the summer. Dr. Irish received his doctor of dental medicine from OHSU in 1975 and has been on faculty since.

***Janice Rudge**, faculty practice administrator, left SOD in July.

***Sharon Walker**, dental team educator, retired in June after 34 years of service.

A few SOD'ers have recently changed positions:

***Elena Nagy**, dental assistant in grad perio, is now a dental radiologic technologist, replacing **Dianna Taylor**, who retired.

***Luzviminda Tulipat**, dental team educator in clinic administration, is a dental assistant in grad perio (replacing Elena).

And there are some new faculty and fellows:

***David Longtin**, D.M.D. '65, is an assistant professor of operative dentistry.

***Kris Rice**, D.M.D. '81, is an assistant professor of operative dentistry.

***Benjamin Rusell**, D.M.D., who just received from OHSU his certificate in periodontology, is an assistant professor of periodontology.

***Rima Shaer**, D.M.D. '08, is an assistant professor in operative dentistry.

***Lisa Yarborough**, D.D.S., is a fellow in pediatric dentistry. She graduated from the University of Washington in 2007.