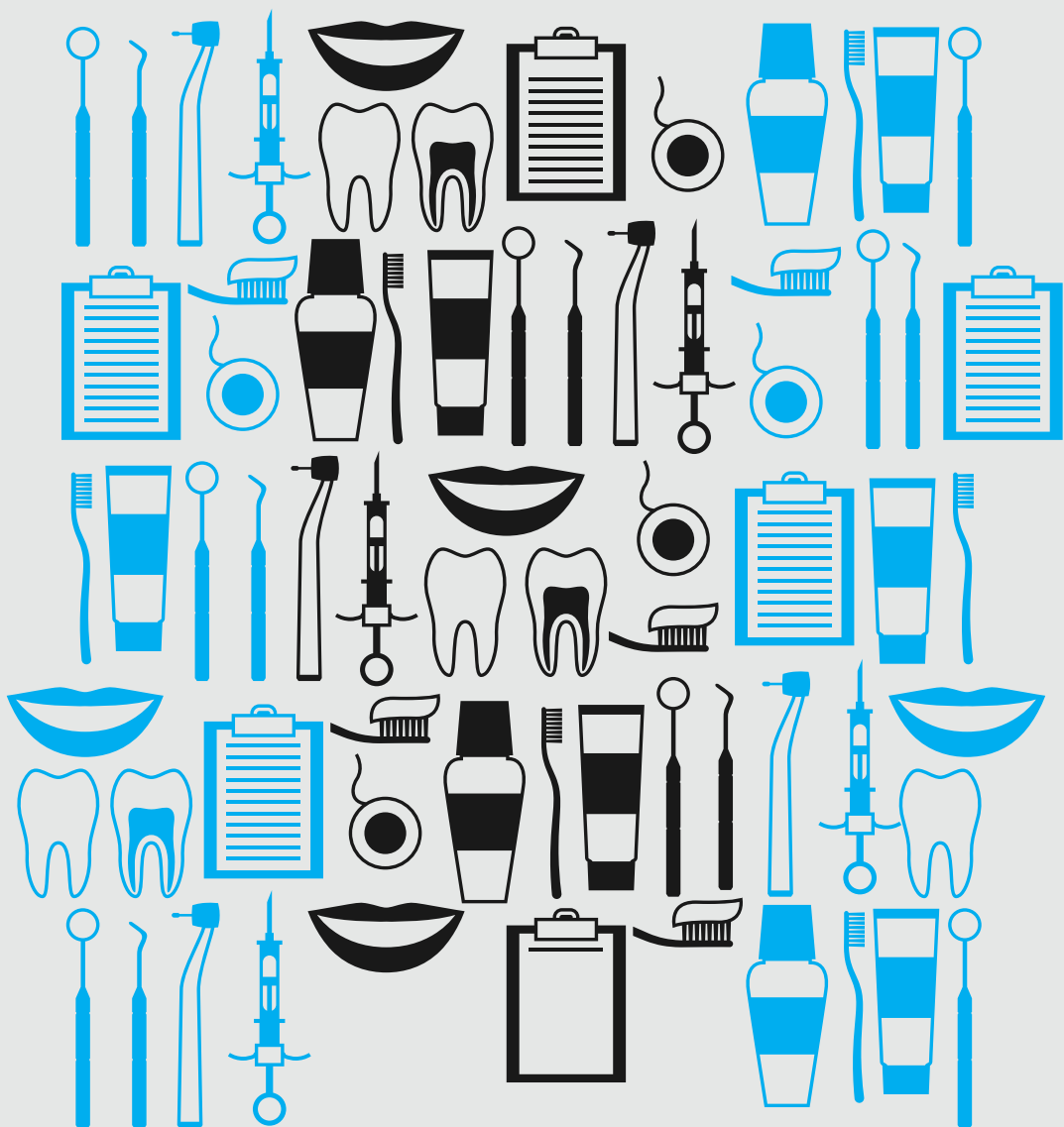


# LINGUAL GROOVE

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ASDOH ASDA MAGAZINE

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**SPRING 2024**

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Dr. Austin Shackelford  
Dr. Robert Trombly



ASDOH  
ASDA

## EDITORS NOTE

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This year has proven to be an exceptionally busy and rewarding period for us at Lingual Groove as we diligently curated our Fall and Spring editions. Our primary objective with the Spring 2024 edition was not only to disseminate the vibrant array of flyers provided by our esteemed vendors but also to offer captivating and insightful content on various facets of dentistry. While our daily routines often revolve around the routine "drill and fill" procedures, we seized this opportunity to shine a spotlight on the extracurricular engagements, diversity initiatives, and the commendable endeavors of our students and dedicated members of the American Student Dental Association (ASDA).

In our Spring edition, we strived to strike a balance between informative and engaging content. By showcasing vendor flyers, we aimed to connect our readers with the latest products and innovations in the dental industry. Moreover, we endeavored to provide captivating articles and features that delve into intriguing topics within the field of dentistry, offering our readers a blend of fun reads and substantive discussions.

Beyond the clinical aspects, we are passionate about celebrating the holistic experiences of our dental community. Highlighting the remarkable achievements and contributions of students and ASDA members underscores the vibrant diversity and dedication within our ranks. It's not just about the daily grind; it's about recognizing the passion and commitment that propel us forward.

As we look back on this bustling year of publication, we take pride in the strides we've made in amplifying the voices and stories that define our dental community. Moving forward, we remain committed to showcasing the multifaceted nature of dentistry while continuing to inspire, inform, and unite our readership through the pages of Lingual Groove.

*Shaheryar Hasan + Ushna Ahmad*

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Spring 2024 ASDA LG

## FROM ASDA CO-PRESIDENTS

Dear ASDOH family,

It is with great honor that we reflect on our tenure as your ASDOH ASDA Co-Presidents for the 2023-2024 academic year. Throughout this time, we have had the privilege of engaging with each and every one of you through a series of impactful events. The sense of community we have cultivated within our chapter is truly remarkable, and it is a testament to the unwavering dedication and hard work of all 44 ASDA general board members.

One of the highlights of this year was our successful hosting of the annual Pre-Dental Day in February. This event brought together 50 pre-dental students for a day filled with hands-on experiences in the sim clinic, DAT workshops, and various other educational activities. Not only did this event provide valuable insights into the dental school experience, but it also showcased the strength and unity of our ASDOH community.

In April, we organized the highly anticipated Vendor Fair, which featured over 35 vendors from across the country. This event, a cornerstone of our annual calendar, offered students the opportunity to learn about post-graduation resources, enjoy complimentary meals and desserts, and participate in exciting giveaways.

Lastly, the Mandiball, our formal dance, served as a glamorous celebration of the hard work and dedication of our students, faculty, and staff at ASDOH. This event marked the transition from our current executive committee to the incoming executive committee for the academic year 2024-2025.

It has been a privilege to serve the exceptional ASDOH student body this past year. We extend our heartfelt gratitude to our executive committee, general board members, supportive faculty, and, most importantly, to each and every one of you. Please rest assured that we remain committed to being a continued resource for guidance and support for our esteemed ASDOH ASDA chapter.

Best wishes and warmest regards,

*Hannah Lee + Kimia Firoozi*

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## DEAN'S WELCOME

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There are many things that make our students very special here at ASDOH, not the least of which is your commitment to service to the community. Each year I am in awe of your spirit and dedication to give back to our community, and to work together to make the lives of those around us just a little bit better.

Each year, working through our Dentistry in the Community courses alone, ASDOH students collectively dedicate approximately 5000 hours to reach out to the communities we serve. You plan and staff nearly 100 programs/events providing oral health education, preventive health screenings, and oral health care. This is accomplished working with our amazing DIC team led by Ms. Heather Johnson, along with our other dedicated ASDOH faculty and staff. You reach those most in need through collaboration with over 75 community partners, through generous donations and grants, and gifts-in-kind from our dental corporate partners. Beyond DIC activities and events, you donate countless hours giving back through ASDA, ADEA, and our other student organizations, as well as through your many activities through faith-based and other organizations that are a part of your personal lives.

Whether it's accomplished through our large ASDOH-hosted event such as Give Kids a Smile and Day for Special Smiles, school-based programs throughout the year such as Smiles Across Pinal County, supporting state-wide initiatives such as the AzDA Mission of Mercy, or the numerous individual events that take place throughout each year, each of you has contributed to improving the oral health and/or health education of over 14,000 community members each year. On behalf of all of those whom you have reached over the past year, thank you for being the heart of our profession!



A handwritten signature in black ink that reads "Dr. Robert Frombly". The signature is fluid and cursive, with the "Dr." and "Frombly" parts clearly legible.

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## DISTRICT 10/11 CONFERENCE

### ZAKI MINAS (D4)



Four years ago, as a fresh face at my first American Student Dental Association (ASDA) general body meeting, I was captivated by the chapter president's recount of her experiences—her initiatives, the conferences she attended, and the impact she made. It was a moment of realization for me about the vast opportunities ASDA offered for learning and networking. Little did I know that day marked the beginning of a journey filled with accomplishments beyond my imagination.

Starting out as the chapter treasurer, I was part of an executive committee passionate about paving a prosperous future for our chapter. We dedicated ourselves to creating a comprehensive roadmap and vision, ensuring the chapter's success and sustainability. Our efforts in fundraising and strategic planning laid down a solid foundation that promised to support the chapter's endeavors for years to come.

However, my aspirations didn't stop at the chapter level. Inspired by the impact we had made, I set my sights on broader horizons—the district level. Running for the position of District 10 trustee, I was driven by a vision to bring the schools within the district closer, fostering a sense of unity and shared purpose. My goal was to replicate the success we achieved at the chapter level on a larger scale, enhancing the collective success of District 10.

Embarking on the role of District 10 Trustee for the American Student Dental Association (ASDA) opened my eyes to a world of leadership, decision-making, and unity amid diversity. Leading a dynamic team of over 20 individuals, each bringing their unique backgrounds and perspectives to the table, presented its challenges. Yet, through perseverance and a shared vision, we transformed these hurdles into a testament to our district's strength and cohesiveness.

The pinnacle of my term was organizing the Western Regional Conference in San Diego—an endeavor eight months in the making. The meticulous planning involved negotiating contracts, managing logistics with vendors, curating content, and securing speakers who resonated with our conference's vision. This mammoth task, albeit daunting, was made possible by the unwavering commitment and dedication of my team.

On January 13, 2024, we opened our doors to over 350 dental students from 14 schools across six states, marking the beginning of an event that would leave a lasting impact on all attendees. The conference kicked off with an electrifying keynote by Siri Lindley, whose narrative on overcoming fear and embracing perseverance set an inspiring tone for the event. The diverse lineup of educational speakers delved into topics ranging from business acumen in dentistry and the role of AI, to forensic odontology and exploring various career paths within the dental profession. The event culminated in a social gathering that saw attendees dancing the night away, fostering connections and friendships that promised to endure.

Reflecting on my journey with ASDA, the conference stands out as a highlight of my involvement, a beacon of the impact we can achieve collectively. On February 26, 2024, as I passed the baton to Payal Patel, I did so with a sense of accomplishment and optimism for the district's future. My ASDA journey, marked by growth, camaraderie, and unforgettable memories, has profoundly enriched my dental school experience. To ASDA and everyone who has been part of this journey, I extend my heartfelt gratitude. Thank you for the memories, the lessons, and for making my journey through dental school even more memorable.



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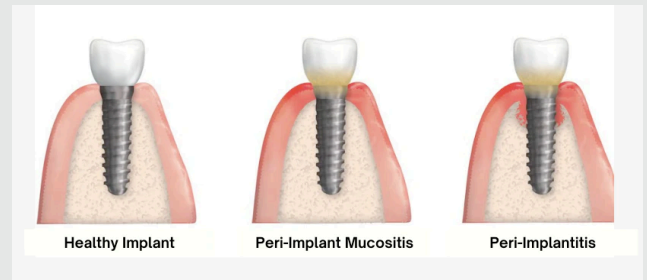
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B-4920-02.22

# PERIODONTICS: THE STATE OF PERI-IMPLANT MUCOSITIS & IMPLANTITIS TREATMENT

Submission by: Jordan Andrade (D3)



Of the 12 recognized specialties of dentistry, periodontics encompasses the prevention, diagnosis and treatment of diseases of the supporting and surrounding tissues of the teeth or their substitutes and the maintenance of the health, function and esthetics of these structures and tissues (NCRDSCB, n.d.). In other words, periodontics focuses on the supporting structures of natural teeth and implants and how these structures can be maintained or returned to health. One emerging hot topic in the area of periodontics is in the maintenance of implants – managing peri-implant mucositis and peri-implant implantitis.

When an implant is placed, it is important to know that its success is contingent on multiple factors including operator surgical technique, patient systemic health, and patient at-home hygiene. When these factors are not properly managed, the implant site will undergo a disease process leading to the eventual loss of the implant. These processes are very similar to the etiology of periodontitis in natural dentition with peri-implant mucositis indicating reversible inflammation of soft tissue and peri-implant implantitis indicative of irreversible bone loss due to the progression of that inflammation. Like gingivitis in the natural dentition, peri-implant mucositis may undergo treatment to prevent the transition to peri-implant implantitis. What this means for periodontists and other providers who place dental implants is that there is an opportunity for clinicians to intercept this disease and lower the overall burden of implant loss. However, the data for these interventions is limited.

Overall, there are many approaches to peri-implant mucositis and implantitis treatment with most studies focusing on factors such as surgical vs. non-surgical intervention, the use of adjunctive therapy, and the integration of regular supportive periodontal care.

Of what is currently being studied, there is minimal evidence supporting a minimal amount of treatment modalities that may be useful in very limited ways. Specifically, diabetic control, regular supportive periodontal care, and peri-implant keratinized gingiva are shown to improve the prognosis of implant success, but the modality and frequency of supportive care is inconclusive (Carra et al., 2023; Stiesch et al., 2023). Aside from these, most therapies are not evident to be superior to one another in any aspect, and most studies show inconsistent and unpredictable success. Mechanical processes such as curettage, ultrasonic scaling, laser use, and air-polishing have shown no preferential data over one another for success (Verket et al., 2023). Additionally, studies on surgical intervention with adjunctive antimicrobial measures and bone regenerative measures show no improvement over surgical debridement alone (Wilensky et al., 2023; Teughels et al., 2023). Finally, the overall success of many studies is highly variable with a study on supportive periodontal care reporting success ranging from 24% to 100% at one year, and another study finding some success in surgical treatment but with high rates of 5-year recurrence (Stiesch et al., 2023; Karlsson et al., 2022).

Peri-implant disease is a growing area of concern for periodontists and any practitioner of dental implantology. Notably, the upcoming 2024 annual conference for the Academy of Osteointegration is focusing largely on peri-implant diseases with over a third of planned discussions covering this topic. As implantology becomes more accessible, it is up to general dentists to screen for peri-implant diseases and up to specialists, such as periodontists, to become experts on how to manage complications arising from implant placement.

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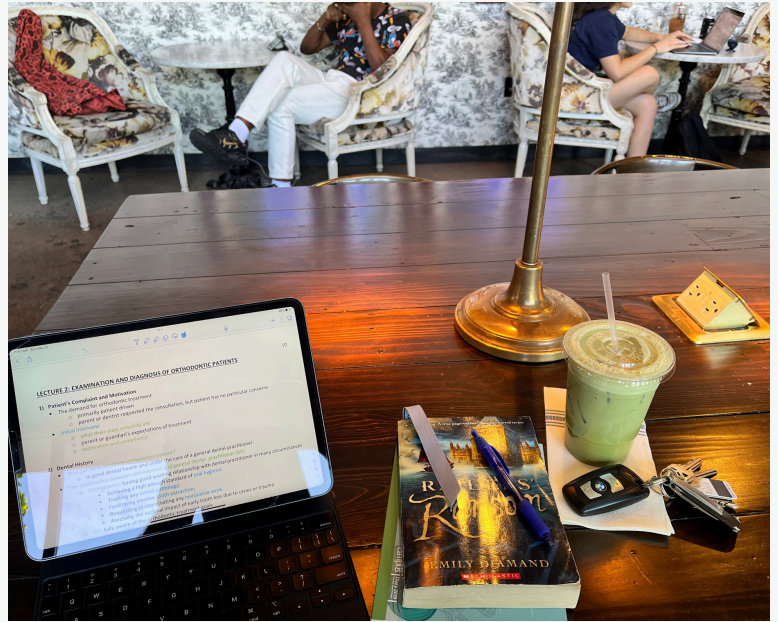
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# STUDY SPOTS

Submission by: Homam Almahdi (D4)



In the desert of the East Valley, it can feel like studying at home all alone is as suffocating as being trapped in a sand dune. That is why I made it my personal quest to find the hidden oases of study spots in the greater Phoenix area. Luckily for you, I've found two spots to highlight so You don't have to stay on your couch anymore.

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## Spot#2: **Provisions**

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## LOCAL FOOD SPOTS TO TRY

Submission by: Chris Kim (D1)

### Rudy's Burritos

Located in the heart of Mesa, AZ, Rudy's Burritos is my go-to spot on weekends! Aside from the various breakfast and lunch options they offer on their menu, their wraps are homemade with love and authenticity. I love their classic breakfast burritos, filled with copious amounts of all the essentials, and you definitely cannot go wrong with the shrimp burrito. Give this place a try as it is located about 5 minutes from ASDOH and I can assure you that it will not disappoint!



### Liberty Market

Slick, underrated, and modern, Liberty Market is a must-try. Located in downtown Gilbert, there is no shortage of modern American cuisine and this restaurant embodies what it feels like to be in a bustling city. From great service to an open-style kitchen, Liberty Market is a great option for grabbing lunch or dinner with friends and family whenever they are in town! Even if you are looking for a posh place to study or grab a quick bite, this restaurant is appropriate for accommodating a variety of settings. Personally, I recommend their bread and honey butter appetizer paired with the wasabi aioli chicken sandwich!



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# DIVERSITY IN DENTISTRY

Submission by: Roy Epuna (D1)

In the intricate tapestry of healthcare, the world of dentistry stands as a beacon of oral well-being, but within its walls lies a transformative potential that extends far beyond enamel and root canals. Diversity, an often-understated force, weaves through the profession, shaping not only the faces behind the masks but also the very essence of patient care. Imagine a dental landscape where the richness of backgrounds, experiences, and perspectives converges to redefine the standards of excellence. This is not just a vision; but rather it is a necessity.

The field of dentistry lacks diversity and with increasing efforts of faculties at dental schools and a diverse dental student population, we can bridge this gap. A diverse dental workforce ensures cultural competence, enabling practitioners to understand and address the unique needs of a broad spectrum of patients.

It fosters an environment of inclusivity, where individuals from different backgrounds bring varied perspectives and innovative approaches to patient care. Moreover, diversity in dentistry is a crucial step toward reducing health disparities, ensuring equitable access to oral healthcare, and promoting overall well-being for a diverse and evolving population.

ASDA demonstrates exceptional inclusivity by warmly welcoming individuals of diverse backgrounds, irrespective of their religious beliefs or other defining factors, to actively engage and partake in collective experiences. I advocate for the active pursuit of diversity, encouraging individuals to cultivate relationships with those who possess different life narratives or appearances. Opening oneself to novel experiences is crucial for personal development, facilitating growth, and providing opportunities to gain insights into cultures that may be unfamiliar.

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# Frequently Asked Questions

The PRIVATE PRACTICE +® model  
by Pacific Dental Services®

## What does Pacific Dental Services do?

Founded in 1994, Pacific Dental Services (PDS®) is one of the country's leading dental support organizations, providing support to owner dentists that allows them to concentrate on clinical excellence and the highest levels of cost-effective comprehensive patient care.

## How many offices does PDS support and where are they located?

Today, our growing company supports more than 800 practices in 24 states. Career opportunities are available across the US with at least 80 PDS-supported practices opening every year.

## What is PRIVATE PRACTICE +?

The PRIVATE PRACTICE + model provides supported autonomy that allows dentists to concentrate on clinical excellence and the highest levels of cost-effective comprehensive patient care while PDS provides the support structure for the business functions.

## What are some of the benefits of PDS-supported practices?

Owner dentists have control of clinical decision making, all while boosting income, reducing risk, and rediscovering work/life balance. Additional benefits include:

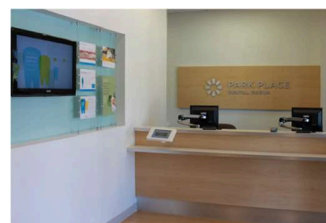
- Mentorship support and continuing education programs
- Ownership opportunities with a balanced lifestyle
- Excellent income and benefits:
  - + Paid Continuing Education
  - + Malpractice Insurance
  - + Medical, Vision, Dental, etc.
  - + 401K
- Integrated specialties under one roof
- Access to a fully digitized practice equipped with:
  - + CEREC CAD/CAM
  - + Intraoral Cameras
  - + Soft Tissue Lasers
  - + Digital X-rays and Cone Beam Computed Tomography (CBCT)
  - + Integrated dental and medical health records (Epic®)

## Who does the decision making for the practices?

Dentists have complete autonomy in the diagnosis, treatment planning, and clinical treatment of their patients. Mentorship and support, if needed, is provided by the owner dentist and peer associate dentists. PDS provides the business support to help run a successful practice.

## What continuing education (CE) opportunities are available to PDS-supported clinicians?

All clinicians supported by PDS have the opportunity for life-long learning and mentorship through the PDS University™ – Institute of Dentistry. It is the largest CE program offered by a dental support organization with over 600 hours of continuing education. Introductory, advanced, and mastery level courses are offered for 30+ disciplines, including CEREC CAD/CAM digital dentistry, patient communication, diagnosis and treatment planning, clear aligner therapy, implant placement, and much more. The subject matter for each course is rigorously developed and taught by both PDS-supported faculty clinicians and key industry experts to meet our best-in-class standards.



**Let's talk  
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VISIT: [PacificDentalServices.com](http://PacificDentalServices.com)  
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## THE REDI ACT: ADVOCATING FOR FINANCIAL RELIEF IN DENTAL RESIDENCIES

Submission by: Brooklyn Noble (D2)



In the realm of dental and medical education, the financial burden often extends well beyond graduation, particularly for those aspiring to apply for residencies. Residencies commonly offer little to no pay, especially for dental students. The Resident Education Deferred Interest (REDI) Act emerges as a beacon of relief, aiming to alleviate the financial strain on medical and dental residents by allowing them to defer student loans interest-free during their residency years.

The REDI Act proposes an important amendment to the current system, preventing the accrual of interest on student loans during residency. While existing options like deferment or forbearance offer temporary relief, they inadvertently lead to increased debt due to accruing interest. This in turn can be a detriment for those who want to pursue a speciality. The REDI Act steps in to shield physicians and dentists from this financial pitfall, ensuring that their loans remain interest-free during the residency period.

ASDA has been at the forefront of advocating for the REDI Act in Washington, D.C. The lobbying efforts in 2021, 2022, and 2023 emphasize a steadfast commitment to addressing the financial challenges encountered by dental students and professionals. ASDA's advocacy goes beyond the REDI Act, extending to tackle issues such as the Medicaid Dental Benefit Act. This act aims to institute a federal requirement, ensuring that states provide comprehensive dental services to adults covered by Medicaid.

Our ASDA chapter has actively participated in advocacy events, such as Arizona Oral Health Day at the Capitol and the National Lobby Day in Washington, D.C. During the recent Arizona Oral Health Day, students had the opportunity to collaborate with local dentists, witnessing discussions on dental-related bills in committee. These bills addressed important current issues in Arizona like workforce shortages and insurance reforms. Early involvement in advocacy not only empowers dental students but also enables us to contribute to ongoing dialogues, steering the trajectory of our future profession. Being active in advocacy as dental students allows us to shape the profession, ensuring that the future of dentistry aligns with our vision.





## WORK- LIFE BALANCE

Submission by:  
Akshani Patel (D2)

Juggling D2 year with consulting for a medical communication company requires strategic scheduling and prioritizing. I maximize efficiency by tackling client meetings and critical tasks before class, allowing me to focus on coursework and assignments during the remainder of the day. This approach ensures I excel in both academics and my professional life.

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Submission by: Dr. Austin Shackelford, DMD

In the last edition of the Lingual Groove we discussed the implementation of telepathology at ASDOH along with three teledentistry-type photos that can be diagnostic and managed through telepathology. Well, hold on to your hats, because here are the answers you have been waiting so patiently for.

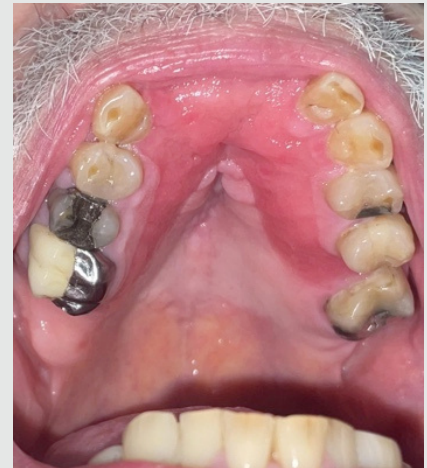


### CASE 1

A 49 year old male with a non-contributory medical history presents with this asymptomatic well-circumscribed, yellow, 6x6mm, sessile, dome-shaped, nodule on the left palatine tonsil. This lesion is characteristic for a **LYMPHOEPITHELIAL CYST**. Lymphoepithelial cysts are benign and often do not require treatment. As the name implies it is a true cyst with an epithelial lining that has lymphoid cells scattered in the connective tissue wall surrounding the cyst. The yellow color of the lesion comes from keratin debris that is trapped in the lumen of the cyst. They can resolve without intervention (rupture on their own), be monitored for increase in size, or be excised if causing an irritation to the patient.

### CASE 2

A 67 year old male presents with this erythematous change to the tissue underneath his removable partial denture. The patient reports not taking the partial out at night and rarely trying to clean it. This presentation is classic for a form of **ERYTHEMATOUS STOMATITIS** candidiasis called **DENTURE STOMATITIS**. This is most often treated with a nystatin rinse and instructions to improve hygiene for the patient (e.g. removing the denture at night and brushing it). The patient should also be instructed to soak their denture in a 1 part nystatin to 10 parts water mix. This should resolve within 2 weeks of the therapy.



### CASE 3

This 27 year old male reports a history of using smokeless chewing tobacco for 10 years. This change to the buccal mucosa in the vestibule is characteristic for **SMOKELESS TOBACCO KERATOSIS**. While this is considered a potentially malignant condition, if this is biopsied it is not likely to show signs of dysplasia at this stage. Think of it like a callus formation. It is recommended to monitor these patients every 6 months to 1 year for any thick, plaque-like lesions (leukoplakia), mass-like lesions, or non-healing ulcers that may arise in the area of frequent use. This appearance to the tissue should resolve within 6 weeks if the patient chooses to discontinue the habit.



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## Growth Partnering

### Patient Marketing

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### CE & Leadership

Industry-leading continuing education, leadership training, and skill development.

### Payor Network Optimization

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### Clinical Supplies & Labs

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## Clinical Autonomy

### Complete autonomy over patient care

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### Cutting-Edge Technology

Access to cutting-edge dental technology, techniques, and high-quality materials and products that enhance the patient experience and simplify and streamline patient care.

### Leadership & Clinical Development

Access to cutting-edge dental technology, techniques, and high-quality materials and products that enhance the patient experience and simplify and streamline patient care.

## Administrative Relief

### Payroll & Accounting Support

Payroll assistance, maintaining supported doctor and team records, as well as calculating compensation.

### Patient Services & Financing

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### IT Support

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– Dr. Shazim Ashraf  
Heartland Dental supported doctor



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# Hikes in Arizona

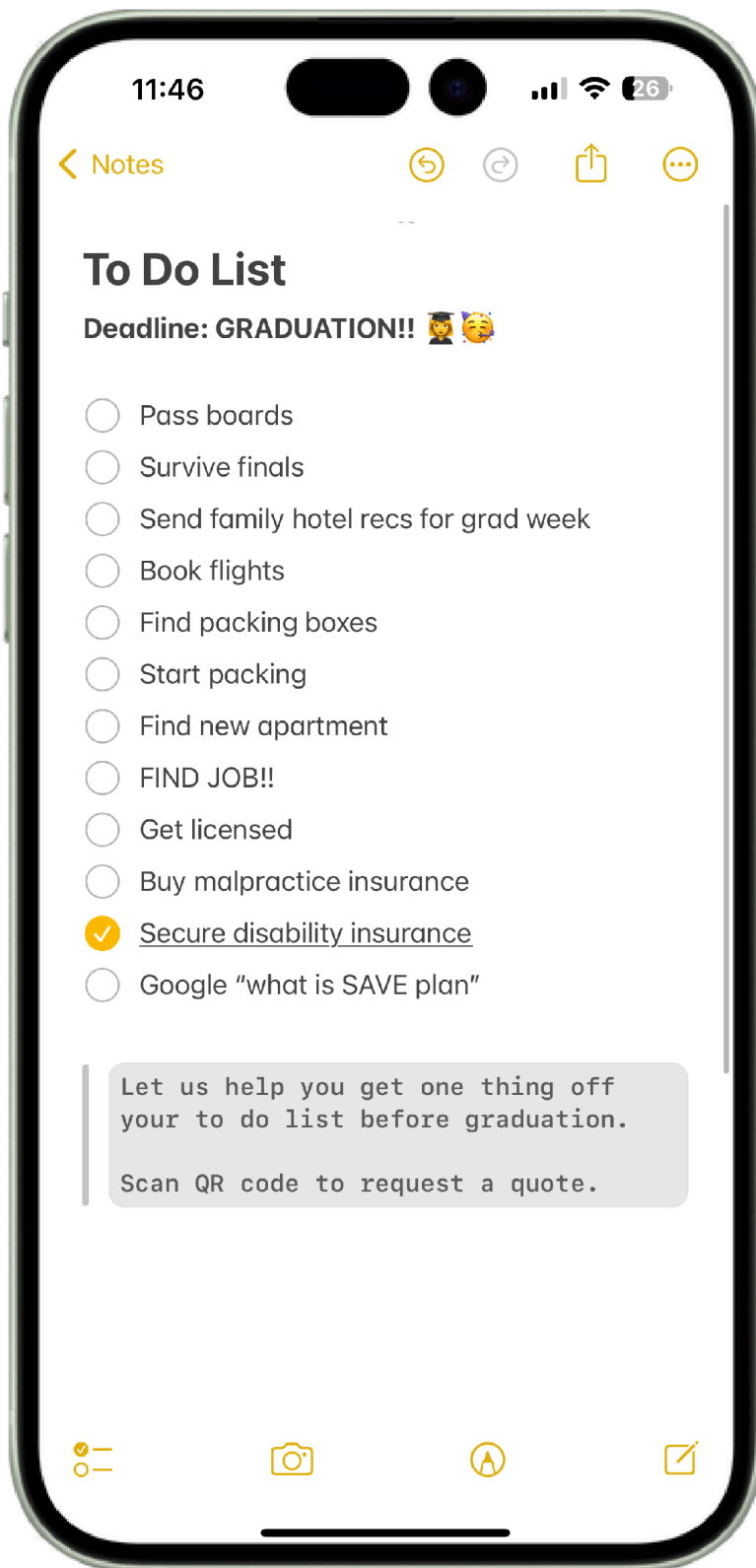
Submission by: Anna Gunter (D3)



Aside from the more well-known hikes around the Phoenix area, such as Echo Canyon Trail on Camelback Mountain and Tom's Thumb in McDowell Sonoran Preserve, there are several trails that are not as strenuous but equally as beautiful. The Wave Cave Trail in Gold Canyon is a three mile out-and-back hike that has a gorgeous view of the Superstition wilderness and a cool photo opp at the end! The Butcher Jones Trail is just under six miles out-and-back along the stunning Saguaro Lake in Tonto National Forest about 30-40 minutes from school.







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