

**INSIDE  
THIS  
ISSUE:**

**ASDA Fever** 1

**“Meth Mouth”  
Troubles  
Dentists** 1

**Pre-Dental  
Day** 2

**ADA  
Convention  
Report** 4

**Dental Stu-  
dents at  
New Gym** 4

**Pictures** 5

**ASDA  
Events** 5

## ASDA Fever

By: Derek Gatta  
ASDA Treasurer

Over Labor Day Weekend, Michelle Mayer, Kelly Maixner, Anna Fedak, Aaron Acres and Derek Gatta narrowly escaped Hurricane Ernesto and attended ASDA annual session in Baltimore, MD: the land of football and crab cakes. While in Baltimore, we all caught something, no not syphilis but ASDA Fever.



**ASDA Vice President Aaron Acres and Secretary Michelle Mayer were Nova’s first and second delegates.**

Bradley Harrelson, the ASDA national president, used this

metaphor to describe the infective nature of member involvement after attending this conference. Michelle and Kelly seized the message and both ran and won national positions. The rest of the Nova delegates were very impressed at their

rhetoric and confidence as they voiced their platform. Kelly is now the national vice president and Michelle is district five trustee.

The trip offered us opportunities to network with students from

all 56 dental schools and discuss the main issues con-

fronting our constituents. Several of the topics discussed this year were dental school faculty shortages, access to care and licensure.

A growing problem facing many dental schools is a shortage of teachers. Schools have a tough time attracting young blood to academics due to the decision many new dentists make when they choose the private sector to practice their craft. Just by walking around campus one can tell that AARP member and dental faculty seem to be synonymous. One solution proposed at annual session by Dr. Jennifer Crowe was to create an environment that fosters potential interest in those dental students pondering a career in academics. Enable students to assist in teaching

Continued on page 2

## “Meth Mouth” Troubles Dentists

By: Jared Young  
Legislative Liaison

Methamphetamine dependence is a growing drug problem facing suburban America. Cities like Kansas City and Atlanta have never seen such a drug epidemic. It’s known on the street as: Meth, Speed, Ice, Chalk, Crank,

Fire, Glass, Yaba, and Crystal (From the ADA website, not my own recollection). The drug is attractive to many because it is cheap, lasts 12 times longer than crack cocaine, and is easy to manufacture. The drug can be snorted, smoked, or injected. There is little research, but the thought is that its detrimental effects in the

mouth due to drug-induced xerostomia, increased intake at high calorie, carbonated beverages, and long periods of poor oral hygiene. How it spreads so rapidly is unknown. “Meth mouth,” is characterized by rampant caries and tooth decay. Some patient’s teeth are blackened, stained, rotting,

Continued on page 3



**Students from NSU and the University of Florida attended District meetings together.**

*Novacaine News*

*Fall 2006*

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*Second Year*

*Representative ,*

*Secretary*

*All views are the authors and do not necessarily represent those of Nova Southeastern University or ASDA unless statements were adopted by the association.*

“ASDA Fever” from page 1

biology labs at the undergraduate level. Encourage them to prepare a didactic lecture or lead a lab exercise. A faculty sponsor would critique the teaching methods of the participating students and offer valuable feedback. Dr. Crowe reports that this “Basic Dental Principles” course already exists at UCLA and all of the DDS students involved show an increased interest in teaching as well as a significant increase in confidence and teaching skills

Access to care should resonate loudly with many dental students. This problem is not new and is not going away anytime soon. It is no surprise that more desirable communities have higher percentages of dentists than less desirable communities. ASDA reports that 11% of the rural US population has never seen a dentist and that 90% of dentists choose private practice instead of community health centers, which focus on access to the underserved. Emerging from school in a bright profession with over \$200,000 in debt, I cannot fault recent grads for pursuing their fair market value in a private practice setting: though I do feel some time could be spent helping ameliorate the

dental needs of the underserved. The faces of the underserved are poor inner-city residents, rural area residents, mobility-restricted people, culturally isolated groups, unemployed, uninsured, people with special needs, Native Americans and Alaska natives.

Dentists can help the underserved during dental school, during residence training, with volunteer opportunities and with your choice of dental employment. These initiatives can begin with mission trips during school, which is a great introduction to the joys and benefits of helping the underserved. The US Public Health (USPH) and the Indian Health Service (IHS) offer great opportunities for loan repayment for those students interested in pursuing one of the organizations upon completion of dental school.

The third topic discussed was licensure. This is often an anxiety filled issue, especially for those D4s who will soon find themselves entangled in this process. Currently, the path to licensure includes graduation from an accredited dental school, passing Past I and II Board Exams and passing a clinical licensure exam. Each state has its own Board of Dentistry and oversees the licensure process. Most clinical

Continued on page 3

## Pre-Dental ASDA Day A Big Success!

By: Anna Fedak  
Second Year Representative  
ASDA Secretary

The NSU - College of Dental Medicine and our chapter of the American Student Dental Association held the first Pre-Dental Student Day. Pre-dental students from universities all over Florida came to Nova Southeastern University for the day to learn about opportunities offered here at NSU-CDM. The day began with speeches from the National ASDA Vice President Kelly Maixner and our District Five Trustee Michelle Mayer. Tours of the dental school were given by current ASDA members who were also able to answer any ques-

tions that pre-dental students had. Finally, the day ended with a casual lunch at the new Flight Deck where future and current dental students discussed topics ranging from strategies to get into dental school to the typical

day in the life of a dental student. The day was organized by the ASDA's Pre-Dental Chair Andreina Izarra. When asked her opinion on how the day went she said, “The event was a success. The students were impressed with NSU CDM as well as our students' friendliness and willingness to answer all their questions. ASDA's goal is to continue reaching out to our future colleagues and help them achieve their dreams.” It is the desire of ASDA to continue this



**First year Luis Missura enjoyed lunch with some pre-dental students.**

event next year.

“ASDA Fever” from page 2

cal exams have the same components (Class II, Class III, Perio, Crown & Bridge, Endo) with some variation and some states give their own exam (DE, FL, LA). The following is an outline of ASDA’s stance on licensure.

- be a non-patient based examination emphasizing the recognition, diagnosis, and treatment planning of disease, in conjunction with the treatment of simulated disease by use of a typodont.
- be administered in the final year of dental school.
- provide opportunities for remediation, at the candidates’ dental school, prior to graduation.
- guarantee anonymity of candidates and examiners.
- be administered by examiners who have been calibrated to provide standardized and consistent scoring.
- not include a written examination that duplicates the content of the National Dental Board Examination Parts 1 or 2.
- be offered to candidates at the lowest reasonable cost possible.

Nova differs a little from this stance in that we want to keep live patients as part of the exam. I think that gaining our professional license without using live patients during the licensure process is outrageous. That is comparable to getting a pilots license on a flight simulator. I understand the ethical implications of using live patients and I am willing to deal with that adversity. For instance, if the licensure test is three months away and you have a patient with a perfect class II lesion, should you delay treatment in order to maximize test day results or expedite patient treatment to prevent possible pulpal involvement. Live patients can create some ethical compromises but I am willing to accept that challenge in order to take a test that more accurately simulates patient treatment.

The Baltimore trip was a huge success and since our positions were democratically elected, all of us thank you, the students, who voted to give us the opportunity to serve you on this trip.

**“Dentists can help the underserved during dental school, during residence training, with volunteer opportunities and with your choice of dental employment.”**

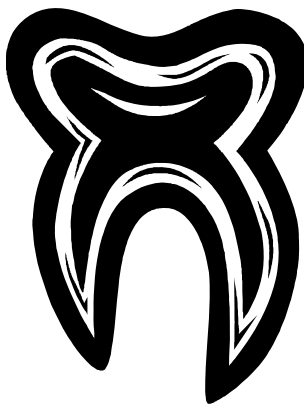


**ASDA Executive Board members (from left) Michelle Mayer, Aaron Acres, Anna Fedak, and Derek Gatta attended ASDA Annual Session**

“Meth Mouth” from page 1

softened, or crumbling. The distinctive pattern of decay in “meth mouth” is rampant class V lesions, decay seen on the interproximals of anterior teeth, and decay on the buccal smooth surfaces of all teeth. Many patients with severe “meth mouth” need extraction and full dentures. A patient who has completely stopped using methamphetamine, will suffer with the damage caused by their abuse until extensive dental care is received.

Dentists and patients have shared their stories dealing with “meth mouth.” Stories of patients getting high and pulling their own rotten teeth have surfaced. Dentists have discovered that patients who have stopped using are much more likely to be honest about their social history than someone who is still using. This makes it important to recognize the symptoms of “meth mouth,” and avoid a major medical crisis. This can occur when a patient is currently using, and anesthetics or sedatives are used in a dental procedure and dangerously interact with methamphetamines. So what are the clues? The pattern of decay, scars



from scratching themselves while on the drug, drug-seeking patients (who claim to be “allergic” to anything weaker than a morphine drip), hyperactivity, and excessive perspiration are a couple of signs to look out for. If a patient is suspected of using methamphetamine, the ADA suggests a complete medical and oral health evaluation. They can also be referred to rehabilitation centers or substance abuse clinics.

Dr. Bob Brandjord, the President of the ADA, went to Capitol Hill to educate legislators for the second time. He met with Senators in January and Congressmen in September, to discuss the effect that methamphetamine dependence has on oral health. This is an aspect of methamphetamine use that would likely go unnoticed by legislators. This is very important in regards to funding for this problem where the government is responsible for dental care, such as prisons, where “meth mouth” is most common. Expect to hear much more about “meth mouth” as research surfaces, and be prepared to diagnose and treat patients with “meth mouth” as you encounter them.

# Gym Popular Spot for Dental Students

By: Anna Fedak

Second Year Representative

ASDA Secretary

Now that students are in the midst of the fall semester, the pressures of dental school are beginning to mount. Many students become overwhelmed with stress from midterms, the upcoming finals, and the extra hours spent in lab. Luckily, the new Nova gym has opened (finally!) and if you have been there you probably noticed a few of your classmates there as well. So along with usual people who frequent the gym to increase their hotness quotient, the gym has been visited by those needing a little relief from the pressures of dental school.

Students like first year, David Altman. After school he immediately heads to the gym to clear his mind from the day's studying and work. Activities like racquetball and weightlifting are ways that he can relieve the stresses that can become part of the daily routine of professional school, especially since he has the extra responsibility of being his class president. At the gym he "doesn't have to think about anything school related."

Those sentiments were echoed by second year Mi-

chelle Mathieson. Along with keeping up with classes and laboratory work she also reestablished the Women's Dental Society at Nova. In the afternoon she makes time to go to the gym. She's a fan of every cross training machine available and finds that the gym is a great place to "relax and not study."

Also, the gym offers classes, such as Yoga and Pilates that can help strengthen your core, improve balance and flexibility and enhance posture. Considering how important it is to establish good habits with taking care of our bodies, it's not surprising to find a few dental students in those classes, including our ASDA president, Summer Taylor.

Granted, the gym isn't for everyone but it does have a lot of different things to offer that are worth giving a try. And unfortunately, dentistry is a profession that can cause physical strain if proper ergonomics are not considered and bad habits are formed early. Taking care of your physical health now can keep your body injury-free and you mind focused on the task ahead. It's apparent that a few hours a week at the gym forgetting that you are in dental school, helps you stay in or, at least, stay sane in dental school.



## ADA Convention Report

By: Andreina Izarra

Pre-Dental Chair

This year the ADA Annual Session was held in Las Vegas, Nevada, October 16 through the 19. Dental professionals from all over the country congregated in "Sin City" for Continuing Education, table clinics, networking, workshops, and national ADA legislative meetings, while gambling, enjoying the finest cuisine, and exceptional shows.

I was thrilled at having the opportunity to attend such an important event and I look back having gained so much from the experience. The ADA national Marketplace Exhibit, where cutting-edge technology and the latest dental products were displayed was impressive. It reassured me that as dental students we have a lot to look forward to in our growing profession. Most importantly, I got the chance to see how organized dentistry works behind the scenes to make the dental profession what it is today. The importance of our early involve-

ment as dental students in organized dentistry became apparent to me and my interest in it has grown tremendously since then.

My purpose of attending the Annual Session was to attend the Student Ambassador Pilot Program, a seminar directed towards initiating a student based recruitment program for minorities. The minority population is underrepresented in the dental profession and in order to give the best quality care to all patients, it needs to change. Although at NSU-CDM we do not see this discrepancy, it is good to know that the ADA with the help of other organizations is working towards diversifying the workforce.

I left the ADA Annual Session refreshed and with a profound boost of self-motivation that as dental students we tend to lose as we approach the end of a strenuous and exhausting semester. The next ADA Annual Session will be in San Francisco and I encourage students to attend and gain knowledge outside the classroom.



# Upcoming ASDA Events

- ASDA Elections: Speeches on November 13th, Voting from November 13th to 15th
- Those interested in board positions such as lunch-n-learn, social, membership, pre-ASDA, community, and legislative liaison chair email Summer Taylor (tsummer@nova.edu) and place in her mailbox a letter of intent by November 22nd.
- November 15th at 12 p.m. is a Crest Lunch and Learn.

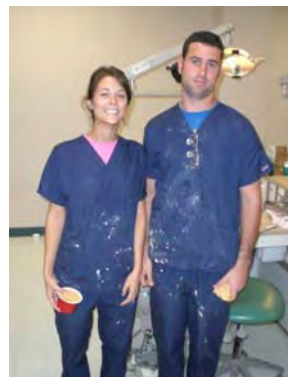
## NSU-CDM Pictures



In September students from NSU-CDM donned bright yellow t-shirts and participated in the second annual ASDA Pub Crawl.



Dental students rushing Psi Omega had to dress in "cowboy" themed clothes for their initiation party.



D2s Lara Carlson and Ira Rothstein can't seem to avoid getting messy during labs .



District Five ASDA members enjoy the final night of the conference with a Disco "ASDA" Fever themed dinner and dance.