

## Following the “Roadmap to Wellness”

On Saturday, September 29th, ASDA members from the second and third year classes spent the afternoon promoting oral health and wellness to the residents of Pomona. As participants in the annual Mt. Sinai Foundation’s Roadmap to Wellness Interprofessional Health Fair, they provided oral cancer screenings and hygiene education to patients of all ages, and handed out toothbrushes, toothpaste and floss.

Dr. Krishan Mittal, Assistant Professor, supervised the group and assisted students in making referrals to the WesternU Dental Care Center. Community members were excited to find out that comprehensive and affordable dental care could be found right in their own backyard. Over 45 patients were screened and many more were given information on how they could become patients, beginning with a free screening exam.

One of the most rewarding parts of the afternoon was handing out toothbrushes and SpongeBob Squarepants toothpaste to a very eager group of brothers that promised they would remind each other to brush their teeth every night. Other participants in the health fair included the WesternU Colleges of Pharmacy and Optometry, The Salvation Army, Kaiser Permanente, and the local farmer’s market.

It was an excellent opportunity to interact with the citizens of Pomona, practice patient care and recruit patients. If you are interested in participating in future ASDA health fairs, please look out for ASDA Emails with information on upcoming events. --Allison Baylis, 2014



Allison Baylis, 2014; Maya Popova, 2015; Kendall Saffner, 2014; Han Na Seo, 2015; Dr. Mittal

Please direct comments and submissions to [asdaonthecusp@gmail.com](mailto:asdaonthecusp@gmail.com). Submissions should be less than 600 words and include pictures whenever possible. We look forward to hearing from you.

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## Things To Do Around WesternU: local Eats

The restaurant is fairly big, clean, modern, and would be a great place for a date or dinner with your friends. While it took 2-3 minutes to be seated, the service was very friendly, attentive, and quick overall. The staff was also very upbeat and helpful. The menu is not extensive, offering appetizers, salads, burritos, and some Mexican dishes.

Happy Hour is from 3-9PM Sunday to Thursdays, offering 14 ounce beers for \$3 and while 23 ounce beers for \$4. I got a Dos Equis, which went very well with the meal. They start you off with warm chips and fresh cool salsa. Two types of salsa are offered; one is pico de gallo while the other is a very good, flavorful and spicy tomato-based salsa.

I ordered the queso fundido as an appetizer, which is a combination of Mexican sausage and cheese. Although it tasted like pizza topping, which I found a little strange, it was very gooey and packed with sausage. The portion was somewhat small but it was only \$4 during happy hour with the chips and salsa.

The burritos are the true stars of this review. I ordered the chile verde and carnitas burrito and the portions are huge! The chile verde was very juicy and savory, as each piece of pork was dripping with flavor. The carnitas burrito was covered in their Suiza sauce (a creamy orange sauce), which I enjoyed much more than the chile verde, which was still delicious. The carnitas were hot, thick, and had that beautiful charred-crisp to them, which I love.. They garnish the sides of the dishes with sour cream, guacamole, and diced lettuce and tomatoes. All of the cool and creamy side ingredients complimented the rich proteins from our respective burritos, making this delicious mixture of hearty goodness.

I actually got most of my dish to go! If you ask any of my friends, I don't believe in getting things to go, but I was so full! There was just so much good food. I paid \$13, not including the beer, and I have never been more satisfied with a sit down Mexican restaurant.

I can easily say that Las Cascadas Mexican Cuisine & Cantina is my favorite place to get Mexican food, since I've moved to Southern California. I look forward to coming back and bringing my friends. The excitement is uncontrollable. --Corey Pham, 2014

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# ON THE CUSP

NEWSLETTER OF THE AMERICAN STUDENT DENTAL ASSOCIATION AT WESTERNU

ADA American Dental Association\*



## How to Work the Polo Shirt...

We all have it in our closets...The CDM polo. But how can you make something kind of drab into something pretty fab?

**1. Awesome colored pants.** One of the greatest fall trends is the colored pant. At every price point and in every color, there is a pair for everyone. Keep it conservative with deep plum or be bold with bright orange.

*Pictured: Winnie Pant, J.Crew Factory, \$49.50.*

**2. Unique Accessories.** I don't just mean your CDM nametag. If you are going to tuck, look for fun belts in patterns or interesting texture. For the daring, bold jewelry such as small broaches or short chunky necklaces will make a statement, but keep your bling OSHA approved.

*Pictured: Bejeweled Oval Pin, Forever 21, \$6.80; Ted Baker London Suede Belt, Nordstrom, \$85.*

**3. Great Shoes.** I am a firm believer that shoes can make an outfit. My shoe rules for fall: Moccasins are a clinic must. Don't be afraid to use leopard as a neutral. And most importantly, if the shoe hurts, don't wear it!

*Pictured: Mercanti Fiorentini Men's Floater Driving Moccasin, DSW, \$69.95; Steve Madden Croquet, Zappos, \$55.99.*

--Allison Baylis, 2014

# ZOMBIE DENTISTRY 101

The ADA's "Stop Zombie Mouth" campaign encourages people to give away less candy this Halloween and hand out coupons to download the popular game "Plants vs. Zombies" instead. While "Zombie Mouth" certainly is fictitious, true undead zombies actually exist as evidenced by popular documentaries "The Walking Dead" and "Zombieland."

What you may not know is that this overlooked community needs ethical dentists who are willing to answer their moans and groans about their oral health. The purpose of this article is to inform humanistic dentists everywhere about this undead population. (Continued on page 2)



Looking for a new place for lunch? See page 4

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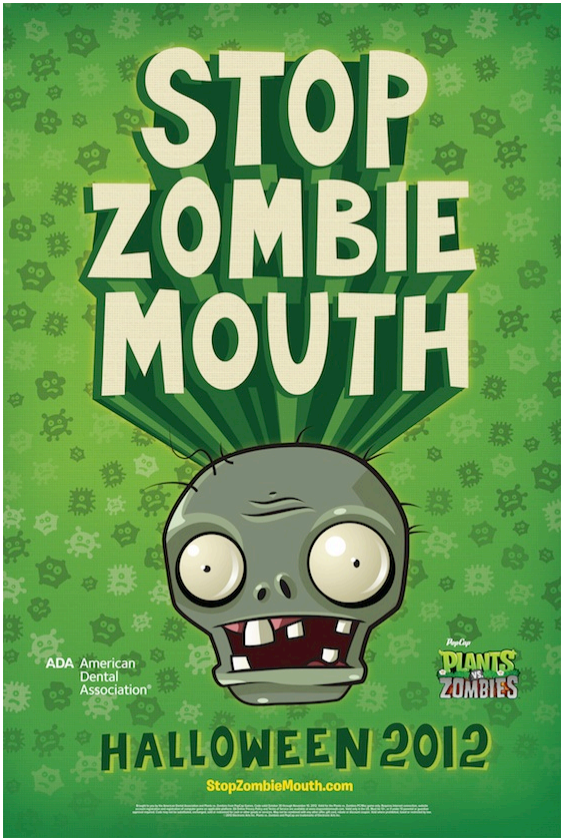


# Zombie Dentistry 101 (continued from front page)

**Misconception 1: Universal precautions will not prevent infection by the Zombie virus.**  
FALSE! While its origin is unknown, the zombie virus is transmitted orally with tissue penetration as the only known means of infection (1). Personal protective equipment (PPE) and appropriate engineering controls will minimize risk of exposure. Note: The use of a bite block is strongly recommended during treatment.

**Misconception 2: Zombies are at a higher risk for dental caries than the normal population.**  
FALSE! The diet of your average zombie consists of brains and flesh which are made of mostly fats and protein which do not significantly contribute to dental caries (2). Many people confuse zombies with vampires who, in recent years, have had a drastic increase in dental caries due to the rise in type II diabetes (diabetes mellitus) in the general population (3,4).

**Misconception 3: Zombies would never accept an esthetically driven treatment plan.**  
FALSE! Zombies want a Hollywood smile just like the rest of your patients! Why not let one shamle in so you can show them their options?  
  
Tip: Zombies like the term “Lumineers” over “Porcelain Veneers”.



I urge you to become the dentist that every zombie needs. Appendages or not, these patients need us to survive. Our keen ears, attuned from years of talking to live patients through rubber dams, have done wonders for our ability to communicate and understand this reanimated population. Treating zombies in your office might seem difficult or strange at first, but --assuming you survive the visit—it can be a very rewarding and memorable experience. Once you start treating the undead community, you won't want to stop! Watch as your practice grows, as zombies are great at increasing patient numbers through word-of-mouth --C. Colby Gage, 2013

\*\*\*Footnotes withheld from print due to ghoulish content.

# Letter from the President

The American Student Dental Association at Western University of Health Sciences (ASDA at WesternU) had busy summer and fall semesters due to the dedication of leaders and involvement of the members.

Thanks to the efforts of the Health Fair Coordinator, Allison Baylis, DMD 2014, monthly health fairs were organized which allowed student members to perform oral exams, instruct patients on oral hygiene care and refer these patients to a dental home - including the state-of-the-art WesternU Dental Center. It is a great opportunity for students to take their knowledge from the classroom and apply it to real world situations.

The Third Annual ASDA at WesternU Golf Tournament fundraiser was held on June 29<sup>th</sup>, 2012. This tournament helps fund all the health fairs, professional events, conference trips and social events put on by ASDA. This year over 70 golfers participated in a day full of golf, and the day ended with a delicious dinner which over 100 students, faculty and sponsors attended. A raffle yielded numerous prizes, including a set of dental loupes, a James Worthy autographed basketball, and multiple gift cards to local restaurants.

The leadership team continues to look to the future to plan events that help enrich the dental student experience at WesternU. Over fifteen students traveled north to San Francisco and attended the District 11 retreat the first weekend in October. They attended lectures such as “CDA Access Report” (a discussion of mid-level providers), and “Associates, Partnerships, Acquisitions, Oh My!” (a discussion of the legal aspects involved in applying for those positions). This was an excellent opportunity for students to learn about the structure of ASDA, engage in discussion about current topics facing dental students, and network with vendors and students from all of the California Dental Schools.

This holiday season, ASDA at WesternU is sponsoring a Toy Drive for the children of the Pomona area who have been affected by domestic violence. Toys will be collected up until December 10, 2012. ASDA will hold an event on December 14<sup>th</sup>, where members will be distributing the toys, offering face painting, and managing a station for crafting Christmas ornaments. If you would like to help these children, please feel free to contact me. I wish all of you a happy holiday and hope everyone has safe travels during this holiday season.  
--Chris Dudzik , 2013, ASDA at WesternU President ([cdudzik@westernu.edu](mailto:cdudzik@westernu.edu) )

# Care Harbor 2012

Over the course of 4 days from September 27<sup>th</sup> to 30<sup>th</sup>, at the Los Angeles Sports Arena, WesternU College of Dental Medicine students provided care for more than 2000 Southern Californians with everything from extractions, to restorations and periodontal treatment. Acrylic partials dentures were delivered within 6 hours and postoperative care, after the event, was provided via private practices in the Greater Los Angeles area.

The event included educational exhibits, counseling services, and extensive onsite care all in the name of prevention and wellness education. Wristbands were distributed in advance of the clinic to the first 4,800 people to reduce waiting times and excessive crowds for dental services, medical, vision, immunizations, acupuncture, mammograms, pap smears, women's health, screenings, mental health, financial counseling, and caregiver support.--Cristian A. Sierra, 2014



A) Chris Dudzik, 2013, numbs a patient before performing an extraction at Care Harbor w/ Nigar Yusifova, 2014, assisting  
B) Michael Cicarelli, 2013, and Debra Church, 2013, help restore a tooth.  
C) Dr. Kothari (left) looks on as Brady Robles, 2013 (middle) preps a tooth for a young patient at Care Harbor.

# Sports Update

Although it has been a scorching hot October, the weather cooled down just in time for our second ASDA semi-annual football tournament on October 20<sup>th</sup>. For the first time, all four classes gathered together for some friendly inter-class competition and mingling. The fight for the championship title ultimately came down to the younger classes: the 2015's and 2016's. However, it was the 2015s who won the tournament and bragging rights...until next time.

Earlier this summer, ASDA's 3rd annual golf tournament was proven to be a great success! On June 29<sup>th</sup> 2012, nearly 70 golfers participated in the tournament and tri-tip dinner. This is ASDA's main fundraising event for the fall semester, in which we raised \$8500 for resources and educational opportunities, such as supplies for outreach events, student sponsorship to national ASDA events, and guest speakers. Some highlights of this year's golf tournament included the amazing raffle prizes of Surgitel loupes, free races at Fast Lap indoor kart racing, and an assortment of golf clubs.

Last spring, ASDA also hosted its first ever kickball tournament and BBQ. It was, yet again, another amazing event as The Dean's Dream Team victoriously clinched the title. With that said, my wife won't let me play kickball anymore because we can't afford the emergency room visits after each and every game. So, next year I'll be the one with the pom-poms in the stands. --Lucas Ebaugh, 2014, Co-Fundraising Coordinator, Unqualified sports commentator/writer