

ASDA at Buffalo

UB IMPRESSION

Fall 2018 Issue



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President's Letter

Welcome Back from Our ASDA President Mike Healy '20

Welcome back, Buffalo!

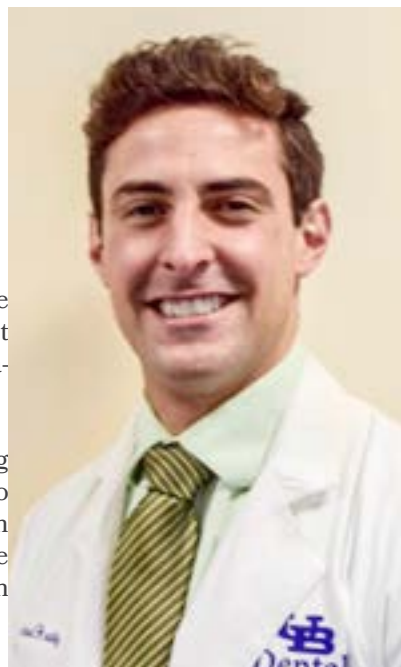
While 2018 was amazing in its own way, hang on tight to those Buffalo horns because this year is going to be the best yet. I hope you all enjoyed your summer vacations but saved some excitement and energy for what ASDA (American Student Dental Association) has in store as well!

After an action-packed orientation week planned by administration, we will be setting sail the first week back by kicking off ASDA week with a boat cruise around the Buffalo Harbor aboard the lovely, Miss Buffalo cruise ship. There will be plenty of chances in between during the week to network and get to know one another while exploring the city of Buffalo. We will finish up the week with a social at everyone's favorite downtown spot, SOHO Burger Bar, where being "bad at dancing" does not exist.

As we all ease into the new semester, remember to look forward to the Annual Billy Barou Outing on Saturday, August 18th at the Buffalo Tournament Club. This will be a fantastic weekend to catch up with classmates, network with UBSDM alumni from all over the country, show off your glass etching skills, or battle for the Billy Barou Cup. Get acquainted with the dental profession behind-the-scenes, discover interests and possible residency goals over dinner and drinks at the end of the evening. This event is just one of many examples of the many resources ASDA has to offer.

Want other ways to get to know your class? Before exams really pile up, be on the lookout for Wellness' Welcome Back Kayaking with a firepit, s'mores, and refreshments. Also pay special attention to new Advocacy events this year, which are bound to inspire and ignite and bring out the leaders in all of us. Other exciting things happening this year include our second year organizing the UBSDM Annual Fashion Show and our first time celebrating Holi school-wide!

ASDA at Buffalo not only hosts some of the best events throughout the country as evidenced by our Gold Crown Award for Activities in 2018, but also provides the opportunity to improve and explore your careers as leaders in the dental field. Be sure to take this chance to explore dentistry in terms of mid-level providers, policy, loan repayment discussions, recycling dental materials... the list goes on. Personally, I learned just as much about dentistry on ASDA trips to NLC (National Leadership Conference), District 2 Meeting and Annual Session as I did in the classroom. ASDA opened my eyes to the pressing issues currently in dentistry, the new advances we have made, and reminded me that I became a dentist not only to fix teeth, but to better my community as a whole.



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IDP White Coat Ceremony



The UB SDM has such a beautiful campus and the faculty and staff here are so kind and helpful! It's almost as if the second you walk through those doors you feel at home!

The IDP summer program has been hectic for sure, but **everyday is a reminder of how lucky we are to have made it into one of the best schools in the country.** Over the past ten weeks we have learned so much and improved in so many ways!

Deepicca Sathiyabalan '20



I always wanted to be part of Buffalo SDM. I have a very strong emotional connection with the school as well as with the city of Buffalo. My grandparents were, and my parents are, patients at UBSDM. My sister (Dr. Harveen Kaur Gujral) also graduated from here in 2016 and I was feeling left out so I started working towards joining the UB Family. **I am proud of myself and I believe my future will be very bright.**

Sukhmeet Singh Gujral '20

Photos courtesy of UB SDM Media Department



Pro tip: Orientation has a whole schedule of evening events that were a lot of fun. Don't worry about being tired. You will be tired for the rest of your life.

Congratulations on getting accepted and if you run into those who interviewed you be sure to thank them - they are responsible for your spot in the Class of 2022! Hopefully you enjoyed some free time over the summer and are ready to get focused for school. This is a quick break down of what to expect the first semester. Always feel free to ask an upper-classman any and all questions you may have. Let's get down to business. Orientation has a whole schedule of evening events that were lots of fun. Don't worry about being tired. You will be tired for the rest of your life. The first few weeks of school are not academically rigorous- enjoy it. ASDA has lots of social events and attending provides a great opportunity to get to know your classmates and the upper-classmen. This is good because they are your

friends. Classes are mostly straightforward, except Histo. And Biochem. And for Gross- just know everything.

In any case, if you study the lectures/gross lab manual* you will be prepared. Quizzes every week in gross and dental anatomy: prepare for them as you would study for an exam. It makes studying for the exams that much easier.

First Year Survival Tips

It makes studying for the exams that much easier. Denta Anatomy Lab aka Waxing Lab is different for everyone. If you struggle at first do not stress too much; practice makes perfect. If the hand skills come naturally to you then practice anyway. You will have time to go out. Post Gross, Formal, and the Bills Tailgate are all a lot of fun. If drinking isn't your thing, you are not alone. Plenty of meals, movies, and game nights Blue Light Special. The first se-like college and less like dental have to study and school will each semester. Time will fly by time aside for yourself, whether or spending time with friends ers. It is easy to get bogged down don't lose sight of the bigger pic-an investment in yourself. Main-piness is integral to a successful graduation.



students get together for that don't start with the mester can feel more school at times. You just become more relevant regardless. Try and set it is working out, singing, and/or significant oth-in the grind of school but ture: a dental degree is taining health and hap-career before and after

the real survival guide.

*Gross Anatomy lab manual is Memorize it.

Although it's really easy to get caught up in school, it's imporatnt to also take time for yourself and your hobbies and favorite activities. I think it makes for a more positive experience overall.

Jenni Helfer '21

Don't get caught up comparing yourself to other classmates. Figure out what works best for yourself and stick to it.

Claire Sesson '20

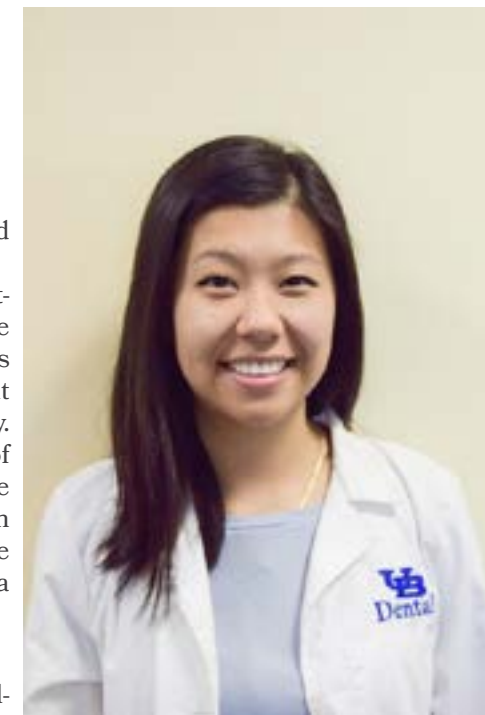
There is a vast amount of material to learn so manage your time well and know your learning style. What works well for others, may not be the best for you.

Krunal Shah '19

Words on Wellness

Shelby Lee '20

Make this year YOUR year. Achieve the perfect balance between school work and daily life with these simple tips, and truly make Wellness a priority in your life. Physical wellness – Whether it is in a peaceful yoga studio, to the beat of heart-pumping cardio tunes, or to the splash of pool water with each stroke, find some time to incorporate physical wellness into your life. We chose a profession that is high stress and, for the most part, sedentary. Not only does physical movement break up a day's worth of sitting, but it better balance, focus and gives energy. Despite their busy schedules, Jessica Hillman and Matt Reuscher (both class of 2020) trained for a half marathon during our second year. "I would run before class or stop by the park before I went home from school. I set aside about an hour. Sometimes, I would bring notes to the gym or study for the boards while training," says Jess, who had a blast at the marathon and would do it again in a heartbeat.



Intellectual Sometimes we just need an escape. Fill your intellectual well-ness tank and listen to some music, fire up the neglected areas of your creative mind and learn a new language or paint a picture. Read for leisure! Despite our hectic schedules, Yegor Dukashin (2020) finds his escape through reading and suggests getting a couple of pages in before bedtime, or for 15 minutes before studying a couple hours for school. His recommended excellent read for the year? The Alchemist!

Emotional Dental school is challenging and the long days in lab and the library take a toll. Do your best to focus on emotional wellness if you are feeling burnt out, lonely, or frustrated with clinic and lab work. Personally, I find that practicing deep breathing techniques are very effective for stressful clinic days, and recently I discovered the Headspace app for meditating. Not sure how to meditate effectively? For just a few minutes each day, this app guides you in the basics of meditation and allows you to explore the practice yourself. Meditation has been shown to reduce stress and improve focus. Given the ease of use and minimal time commitment, the app is definitely worth a shot! Other emotional wellness tip include spending quality time with friends and family, cuddling with a pet, and participating in an activity that you are passionate about. For example, some of my friends are active members of their church and find their strong emotional foundation there. Others find their balance again by being outdoors and surrounded by nature. Especially after entering clinic and not having the same class schedule as your friends anymore, it is important to build on old and new friendships to ease the transition and prevent yourself from feeling overwhelmed or lonely. It is okay to talk to people about how you feel, and it is okay to ask for help if you need it.



Occupational As dentists, we should maintain a healthy attitude towards our profession and a desire for lifelong learning. This means practicing being an ethical, moral person. Networking, participating in organized dentistry and influencing future policies and laws related to dentistry. Volunteering and giving back to the community. Remembering that good posture in clinic can help save our shoulders and backs and is necessary for the longevity of our careers. Occupational wellness reminds us that true wellness comes from a balance

between our personal lives and our work lives.

Environmental Environmental wellness is often one of the most overlooked, pressing issues in the future of dentistry. Our profession produces waste in the form of latex gloves, clinic gowns, amalgam, biomedical waste to name a few. How will we recycle these wastes and make the dental field a cleaner, greener one that the next generation of dentists can build upon? Look forward to seeing the new ideas our Sustainability chair has in store for us this year!

Buffalo, NY Food Guide

Buffalo, New York may be known for its chicken wings and beef on weck, but it's rare that you hear much about its incredible collection of restaurants serving food from different cultures around the world.

As a self-proclaimed “foodie,” I make it my mission to eat out on occasion to explore new cuisines and to cook for myself at home so I don't have to break the bank. I mostly enjoy eating foods that represent different nations. There are always new foods to try and different flavors that you might not be used to which lend themselves to a brand-new culinary and cultural experience.

Over the last two or so years living in Buffalo, I have definitely not been disappointed with the selection of restaurants; there is always something unique and exciting to eat. Here is a list of some of my favorite places to dine and what I typically order.

Whether you want to go out and enjoy a pricey decadent meal to celebrate an occasion or lay low and head to one of these cultural and flavorful restaurants, it will always be known that the way to the heart is through the stomach.



Jared Siegel '20

Clay Handi Pakastani & Indian 3054 Delaware Avenue

Although I ate here for the first time recently, Clay Handi easily makes it to the list. I was super impressed with the service and knowledge the staff had to offer about the dishes. The owner even came out and greeted all of the patrons asking how the meal was. My favorite item I ordered was the Mutton Haleem. It's a thick stew-like dish made with lamb and spices and it had such a great depth of flavor. Clay Handi is a great place to take a group of people to eat because you can order half or full sized plates of a dish. I also really enjoyed the veggie samosas that come with an awesome sweet and sour dipping sauce. I will definitely be going back!

Lucy Ethiopian Cuisine Ethiopian 916 Tonawanda Street

I was told about Lucy by another dental student and have never been less than impressed every time I go. The dining experience is unlike any other in the sense that you eat with your hands. It is an Ethiopian custom to not use any utensils at the table. Lucy is also a great place to go with a group of people because the food is served on one large platter. I'll usually get the combo platter and share it with 1 or 2 others. It covers all the essentials from different styles of lentils, chicken, beef, chickpeas, and salads - all of which are delicious. Simply take a piece of homemade injera (Ethiopian flatbread) and pinch off some of whatever you'd like! There is also a student special so don't forget to bring your student ID!



Buffalo, NY Food Guide



Taqueria Ranchos Las Delicias Mexican & Latin 1516 Niagara Street

The place I like to call “Ranchos” has a large menu covering everything from tacos and burritos to arepas and enchiladas. Whenever I'm craving Mexican food, this is the only place I go. Some of my favorite menu items are the Carnitas Arepa and the Shrimp Taco. In all honestly, the carnitas here is some of the best I have ever had. Ranchos also boasts a self-serve toppings bar where you can adorn your beloved tacos with a variety of salsas, cilantro and pickled



Pho Lantern Vietnamese & Thai 837 Niagara Street

I stumbled upon this restaurant last year via Yelp. Since then, Pho Lantern has undergone renovations improving its image such as adding multiple aquariums and a terrarium to help set the mood. This is my go-to place for Pho. If you've never had pho before, it's a soup dish containing rice noodles, your choice of meat, onions and some herbs. In addition, Pho Lantern has a large selection of other plates including different types of Thai curry, noodle dishes and rice dishes. There are special deals that change every day that you can take advantage of to help keep your wallet full. (P.S. Pho Lantern also has bubble tea!)



onions among other items. Aside from serving fantastic food, Ranchos recently acquired a liquor license, so head over for \$1.99 Margarita Monday or \$2.50 Taco Tuesday – I am sure you won't be disappointed.

Niagara Café Puerto Rican 525 Niagara Street

Even though the menu is relatively small and simple, Niagara Café has some of the most flavorful food in Buffalo. This cash-only establishment serves the best rotisserie chicken I have ever had. Order the chicken with a side order of Maduros – sweet fried plantains – and you won't be disappointed. The food is inexpensive and delicious! Seat yourself when you walk in or you can wait in the takeout line and still have full access to the menu!

Dentistry in Translation



Astrid Salas '20

When I was 9 years old, my grandmother was diagnosed with Colon cancer. I remember spending my summers traveling to and from the hospital with her for check-ups. I was her personal translator a lot of the time, from when the Subway announced a change in service to checking in for her appointments. Ever since then I've been translating as long as I can remember, in public places where I find someone in a pinch, as a dental assistant, and most recently as a student here at UB.

From a logistics point of view, having a patient who does not speak English is very different from having one who does. It all starts from the check-in process. Once the patient is assigned to you, you have to be the one to call them to make the appointments since most patient managers do not speak the patient's language. Sometimes these patients do not go through screening but directly to you, so you have to fill out all the initial paperwork during the comprehensive oral exam visit. When doing referrals to other clinics, it is not always guaranteed that a translator will be available at that other clinic on the date of their appointment. This becomes very important, for example, when it is an oral surgery referral and all the proper consent forms need to be explained and signed. Sadly, although this patient is in your patient family, sometimes you cannot be there for them all the time. Finally, when your faculty interacts with you and the patient,

they cannot speak directly to the patient so they rely on you. Some speak to the patient as you translate, while others explain everything to you then have you communicate it to the patient. Ultimately, it is your responsibility to make sure that the patient understands everything. I must admit, although it adds much more responsibility it is one of my favorite perks of having a patient who does not speak English, as this gives me a lot more autonomy to communicate with my patient the way I chose without having as much interference from the faculty.

The biggest challenge when translating, however, is making sure you are communicating properly. We learn dentistry in English, and dental terminology is its own language. So, the jargon I know so well in English doesn't necessarily translate. Even if I know the jargon, does the patient know it too? There definitely needs to be a creative edge when trying to find words equal to what we so commonly use in English. In addition, language changes with location. The Spanish language, for example, is spoken in over 20 countries each with its own culture and different use of words. In the United States especially, we have the possibility to interact with people from so many different countries that it's even more important to keep in mind the differences in culture. So even if I know how to use a word or phrase to explain treatment, I need to make sure that the patient is understanding the same thing. For example, one of my patients kept talking to me about her bridge, yet when I looked inside her mouth, she was actually wearing an RPD. It's very important to investigate and make sure that both you and the patient have the same meaning for a word.

Translating is much more than helping someone communicate. It is about helping someone feel familiar, welcomed and that we care enough about them to communicate how they do. For one reason or another, be it age, or just a newcomer to this country, they don't speak the language but they still have health care needs. Personally, I always think back to my grandmother and treat patients the way I would treat her. So far it's been a very rewarding experience and brings me closer to my culture. For those of you who do speak another language be proud, get out there and help others and do your best.

Speak in segments and give your translator time to get though a sentence. Don't just run on and expect your translator to remember everything, or worse, have them speak over you.

Don't speak any louder than you normally would.

Look at the patient when you speak, even if they don't understand everything, they will see your body language and eye contact. A smile is everything.

"Chicago, Chicago, I'll show you around"

Andrew Proto '21

As ASDA begins another exciting year, many of those who plan on attending the National Leadership Conference in mid-November are surely wondering what the city that unquestionably owes all of its fame to the American Dental Association and ASDA has to offer. Seen by many as the de facto "capital" of the Midwest, you'll find more than enough to do in



Chicago if you find yourself with some extra time on your hands and wish to explore this amazing metropolis.

Catch a Chicago Cubs game at Wrigley Field

If you find yourself in Chicago during baseball season and you're in the mood for a game, be sure to take the CTA Red Line up to Addison station for a Cubs game at historic Wrigley Field with some of the most passionate fans that the MLB has to offer. Bleacher seats at the home of the 2016 World Series Champions cost around \$50 to \$100. If you're in the mood for a hot dog, why not complete your experience with a Chicago-style frank at Wrigley (or any well-reputed vendor in the city for that matter)? However, be advised that it is considered sacrosanct to put ketchup on a Chicago-style hot dog. While NLC attendees will unfortunately not be able to experience this as the season officially concludes in October, if you have some spare time and simply wish to visit one of the oldest and

most historic venues in American sports history, look no further. Guaranteed Rate Field, home the White Sox, is equally accessible via the CTA Red Line. You can also check out who the Blackhawks or Bulls are playing over at the United Center, or if it's a Sunday, (perhaps) catch a Bears football game at Soldier Field...

Willis Tower Skydeck and Hancock Tower

Adult tickets to the Skydeck at what was the world's tallest building from the year 1974 until 1998 cost about \$20 each. The Skydeck at the Willis Tower (which is still known by many locals by its former name, the Sears Tower) offers a breathtaking panoramic view of downtown Chicago and Lake Michigan. Not to be outdone, 360Chicago at the Hancock Tower (formerly known as the John Hancock Observatory) also offers wonderful views. Plus, if you're looking to complement your view with a cocktail or two, the Signature Lounge at the 96th provides a wonderful (albeit slightly pricey) experience.

Cuisine

Chicago is known its multitude of signature irresistible culinary staples. In addition to aforementioned Chicago-style hot dogs, if you're dying to try authentic Chicago-style pizza, be sure to check out Lou Malnati's or Giordano's. I myself have experienced firsthand the flaky, buttery crust and inch-thick goodness of a pie from Lou Malnati's. The Italian Beef sandwich also guarantees a savory gastronomic experience. While I've personally only had (and thoroughly enjoyed) one from the chain restaurant Portillo's, multiple well-reputed restaurants and vendors offer a fantastic Italian Beef in addition to the other foods mentioned here. Just ask any of our fellow students over at UIC or Midwestern (District 7)!

Museums

The Museum of Science and Industry documents the most significant moments in the history of American science and engineering (one of the key attractions includes an actual captured German U-boat from World War II). In addition, the Art Institute of Chicago provides an unrivaled collection of marvelous works from around the world. If you're looking for a complete Chicago experience, these two museums in particular are imperative to visit

Wandering

Swing by Millennium Park and enjoy the iconic "Cloud Gate" sculpture (popularly known as "The Bean") or take a stroll down to Navy Pier or through the city along the Chicago River (which locals dye green on St. Patrick's Day). Since Chicago is a fairly walkable city with multiple landmarks, it's easy to wander around and see where the wind in "The Windy City" takes you (I'll see myself out...)!

