

EDSA

MAGAZINE AUTUMN 2011

EDSA SOCIAL

EDSA Glossy

EDSA V.I.P.

Interview with Professor Mariano Sanz

EDSA PROJECTS

EDSA Voluntary Work – Outreaching the top of the world in Ladach, India

EDSA MOMENTS

49th EDSA Meeting & 9th EDSA Congress – Thessaloniki, Greece

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Editorial

Dear EDSA friends,

Time has come for the Autumn 2011 issue of EDSA Magazine.

This issue was created during summer time, which is always a time of change, new experiences and big plans. And this is exactly what we have been doing with this issue: we tried to restructure its content, to promote dental professionals - students or dentists - who dared to dream big, worked hard for it and are now seeing the results.

You can also read more about the following EDSA meetings and projects, which we invite all of you to take part in and become a member of the EDSA family.

This issue also has a brand new section – EDSA Glossy – a funny and unconventional part of the magazine, meant to promote the relaxed and friendly atmosphere of EDSA Meetings.

The EDSA Magazine content is open to suggestions, any dental student can contribute with articles and ideas, so do not hesitate to share your opinions and your work with us.

We hope reading this issue will leave a wide smile on your faces and motivate you to work hard for your dreams and to have an active dental student life.

Wishing you all the best,



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Table of Contents

- 05** **Amazing EDSA Meeting in Leeds**
AUTHOR: Imogen Bexfield
- 07** **49th EDSA Meeting & 9th EDSA Congress - Thessaloniki, Greece**
AUTHOR: Elpida Samara
- 08** **Join the EDSA Family – become an EDSA member!**
- 09** **EDSA EVP - The ACTA Experience**
AUTHOR: Andreea-Paula Moraru
- 10** **EDSA Voluntary Work - Outreaching the top of the world in Ladakh, India**
AUTHORS: Mina Taht, Ritesh Bhattacharjee
- 11** **Get involved in the EDSA Research Programme**
AUTHOR: Maja Sabalic
- 12** **Rubber Dam: a Raincoat for the Teeth**
AUTHOR: Paun Andreea
- 14** **Training dental health workers throughout the developing world
- The story behind Wisdomtooth**
AUTHOR: Dr. Jason Doten
- 16** **Interview with Professor Mariano Sanz**
AUTHOR: Ana Stevanovic
- 19** **Dental Student and Entrepreneur - David Stone**
AUTHOR: Cristina Rizea
- 21** **Slovak Association of Dental Students - Days of Healthy Smile**
AUTHOR: Peter Dzupa
- 22** **EDSA Glossy**
AUTHOR: Faro Sana

Amazing EDSA Meeting in Leeds

AUTHOR:

Imogen Bexfield

Dear EDSA friends, For us in Leeds the result of two years of hard work and planning finally arrived in April 2011. It was with trepidation and excitement that we awaited our first arrivals for the 47th EDSA conference. We were delighted to have representation from all around the world, including India and Saudi Arabia as well as the usual friendly faces from all across Europe!

The Leeds committee, in particular Kobe and I were really inspired to inject some new and forward thinking ideas into both the overall conference and also into the general assembly itself. The theme we chose for the conference was ethics in dentistry because

ethical teaching in Leeds is particularly strong. So with the support of the Leeds ethics team we managed to implement EDSA's first ever ethics morning. This included mini-working groups used to discuss common ethical issues to warm everyone up, followed by a fiercely fought debate where all the delegates got very involved with questions and opinions. All in all I believe it was a very thought provoking morning, allowing different viewpoints from all parts Europe to be aired and considered. It is this open mindedness and freedom of speech which I hope EDSA will continue to foster in the future, in a similar way. Another different element to the conference was "fun

hour" which was aimed to be a light-hearted way to team build and bond as one big EDSA family. We all watched a series of funny dental videos together and then proceeded to spilt into teams and compete in a tower building contest using only straws, newspaper and masking tape! It was both a lively and yet constructive hour which I think everyone enjoyed before getting back to more serious business! Another new addition to the conference programme was a trade fair day which was kindly and dedicatedly organised by one of our committee members, Nathalie Gallichan It was a great success, with traders from a variety of different



companies including Dental Protection, GSK, NSK handpieces

and Optiloupes. There were also fantastic, world-renowned speakers present who talked about a variety of ethical subjects relating all parts of dentistry including Dr. Neeraj Malhotra – MDS Assistant Professor, Dept. of Conservative Dentistry and Endodontics who spoke about the very hot topic of regenerative dentinogenesis and how stem cell therapy can be used to grow new teeth de novo, Professor Monty Duggal from the University of Leeds talking about the ethical treatment of children, Mr Andrew Collier on the subject of Professionalism, Mr David Morris lecturing about Surgical Orthodontics and finally Professor Callum Youngson with the subject title Yes we can (but no we probably shouldn't). As you all know, EDSA delegates pride themselves in “partying hard” no matter what the weather and Leeds certainly did not disappoint on that front! As well as many hardcore club nights there was also a Black tie ball which was the first of its kind as part of EDSA. We all enjoyed a three course meal, free professional photographs, a jazz band, dancers and of course it goes without saying, wonderful company. The event itself really brought everyone together and created a wonderful celebratory feeling as the end of the conference approached. Other memorable nights were EDSA vision, with India taking a storming victory, the famous and traditional Otley run pub crawl with everyone receiving a matching Leeds t-shirt and of course the wonderful night in the 1920's themed restaurant Bibi's where cocktails are always flowing and dancing with your dinner is the norm Aside from all our partying, a great many things were achieved during the conference. Firstly we were honoured to welcome Malta



into partnership with EDSA and to also support Birmingham as they embark on a very exciting new research project. Another really great success which has come from the conference and the Smile project combined was that myself (representing the smile project) and Natalie Gallichan (committee member in charge of sponsorship) together managed to secure a platinum partnership between Proctor and Gamble, EDSA and the Smile project, providing financial security and support to both. It is collaborations such as this which will help all of us enjoy many more wonderful conferences in the future and pursue many more worthwhile projects.

Of course all this would not be possible without the outstanding contribution from all the Leeds committee members consisting of Deema Marzouq, Naomi Wong, Emily Coombes, Sathya Sivamuni, Natalie Gallichan, Samir Shah, Rakhee Vekaria, Harpreet Chana, Nausheen Siddique, myself and of course Kobe (Kirpal Benawra.) Together we had a hard but wonderful time organising this conference and we hope it gave you all received as much enjoyment attending it as we did hosting it! Lots of love



49th EDSA Meeting & 9th EDSA Congress - Thessaloniki, Greece

AUTHOR:

Elpida Samara

From 1-7th of April 2012 EDSA team is travelling to Thessaloniki....

It is the first time in the history of EDSA that delegates from Aristotle University of Thessaloniki were honored with the organizing of a meeting as well as a congress. There are a lot of reasons for this decision and basically because Thessaloniki is one of the most attractive and easy to reach European destination.

On behalf of the organizing committee and the European Dental Students' Association (EDSA) I would like to invite you to the 49th EDSA Meeting in conjunction with the 9th EDSA Congress in the beautiful city of Thessaloniki, Greece. (April 1-7, 2012).

The main theme of the Congress is going to be the "Clinical applications in dental aesthetics; options and compromises". This topic brings to surface the major issue of aesthetics when the crushing percentage of patients has very high anticipations in this area of dental rehabilitation. Parallel themes that are going to get analyzed, taking as a handle the main topic, are current dental research, specialization and ethics regarding dental practice. Lectures and workshops are going to be held during the Congress, under the supervision of prominent figures in the field of Dentistry.

The prominent international and national invited speakers in the scientific program, the exciting social program and the extensive traders' exhibition, with the support of our sponsors, will attract the attention of a large number of dental students and make this congress a very successful and memorable one in the history of EDSA.

EDSA meeting is the most important encountering of dental students around Europe, discussing all aspects of dental education and more. In the meeting, participants are EDSA Executive Committee, EDSA delegates of members-countries, Local organizing committee, dental students interested in taking part in EDSA activities (not necessarily from EDSA member countries), representatives of national and international



dental students' associations and representatives of the Sponsors.

Thessaloniki is renowned through the ages as the home of Alexander the Great, with notable Byzantine monuments, including the Paleochristian and Byzantine monuments of Thessaloniki, a UNESCO World Heritage Site, as well as several Ottoman and Sephardic Jewish structures. In the present times, Thessaloniki is widely known for the International Trade Fair, the International Thessaloniki Film Festival.

The most famous landmark is the White tower which was originally built as part of the city walls. It still stands imposing on the seaside

promenade and offers panoramic view of the city and harbour from its roof cafe. The tower contains a museum housing some Byzantine art and historical artifacts from Thessaloniki's history between 300 and 1500 AD.

Greek cuisine is Mediterranean cuisine and makes wide use of olive oil, vegetables and herbs, bread wine fish and various meats including poultry, rabbit and pork. Important for the Greek cuisine are olives, aubergine, courgette and yoghurt. Greek desserts are characterized by the dominant use of honey and nuts as well as filo pastry. Thus, Thessaloniki is a place to be for everyone once in their lifetime.

Join the EDSA Family – become an EDSA member!



The European Dental Students Association (EDSA) was founded in Paris in November 1988. Now, the EDSA represents over 65,000 dental students in the European region.

More and more dental students see the need of coming together and talk about their differences but even more about the things

they have in common.

Twice a year, all the delegates of the European Dental Students Association come together to brainstorm for new projects and keep improving the existing. Furthermore, we discuss dental politics, social and domestic affairs. Representatives of the national

members (full and prospective) attend these general assemblies.

Why become an EDSA member?

- To meet dental students from all over Europe and make new friends
- To share the differences and similarities between European dental educational systems
- To find out about the newest technologies, materials and techniques used in dentistry
- To take part in European Dental projects
- To meet international dental professionals
- To broaden your horizons

Who can become a full member?

- National Associations of Dental Students, which collectively represent the majority of dental students in a local association at school or faculties in a country.
- An organization representing a minority of dental students in a country in which no national dental organisation exists, or where a larger national dental students association in the country does not want to affiliate to the Association.
- Individual local dental student organizations in the countries where no national dental students union exists. These organisations shall be collectively admitted to the Association.
- Dental schools in which no local dental organization exists.
- Individual membership is now available for all individuals who wish to keep in touch with EDSA activities outside their faculty or association.

How can you become an EDSA Member?

It's easy, you just have to contact us at secretary@edsaweb.org and we will be happy to guide you through all the steps.

EDSA EVP - The ACTA Experience

AUTHOR:
Andreea-Paula Moraru



During 23rd-28th of May 2011 I participated together with 7 colleagues to a European Visiting Program at the Academic Center for Dentistry from Amsterdam.

It was not my first time in Amsterdam, but I still think that the city is amazing and very beautiful. I had a bike for the whole week and I could go anywhere I wanted, along the channels or in the parks.

ACTA was the main “attraction” for me. I knew about the university and the new building, but I didn’t see it before. It turned out to overcome my expectations.

From the first day we arrived in Amsterdam, the organizers took good care of us. Aron and his colleagues Thijs, Hassib, Faro and Victor prepared for us a very nice social and scientific program.

On our first day, we took a tour of the dental faculty and of the department of Maxillo-Facial-Surgery. Then, in the afternoon, we could enjoy the beautiful city of Amsterdam. During the week, we had the chance to par-

ticipate in clinics and seminars at the dental faculty. We took part in Endodontics, Periodontics and Radiology clinics. Also, at the end of each day, we could attend the seminars, where different clinical cases were presented and the treatment plan was discussed by the members of the department. These meetings were very interactive and of great value.

On our last day at the faculty, the organizers prepared for us a very interesting program. We participated at two workshops - Lava Chairside Scanner and Simodont Dental Trainer – which I enjoyed very much.

After the program we had at the dental faculty, we went out every night together with our Dutch colleagues so we could also experience the lively city.

I can say that I enjoyed every moment of this student exchange program and I have to thank Aron Kharbanda and his colleagues for this. They prepared very well every detail for us and made sure our stay in Amsterdam was the best that could possibly be. I recommend

you all to visit Amsterdam and the great new ACTA building, where you can meet these welcoming people. For me it was an unforgettable experience!

EDSA Voluntary Work - Outreaching the top of the world in Ladakh, India

AUTHORS:

Mina Taht

Ritesh Bhattacharjee



Do you feel you want to make a difference? Are you willing to share your theoretical and practical knowledge within dentistry with those who need it? Are you ready to step out of your comfort zone, take a leaf from a new culture and experience a totally different way of living?

Join in, as EDSA along with Wisdomtooth and Manipal University invites you to be part of an experience of a lifetime.

In the northernmost part of India, beyond polluted cities and crowded streets, one finds Ladakh. Located between the Himalayas and the Kunlun mountain range, this remote district is one of the most sparsely populated places in the world.

Being amongst the highest regions of India, with an average altitude of around 6000 meters above sea level, the beautiful landscape of Ladakh is often described as "moonscape". It is comprised of high altitude desert presenting with deep, azure blue lakes and tall mountain peaks covered with snow.

Dispersed villages form green oases in the barren, yet ample setting.

The way of living in Ladakh is very different from the hectic, material lifestyle present in many other parts of the world today. With the help of techniques and solutions developed through centuries of generations, the people of Ladakh are able to survive and thrive in a nature and climate that otherwise would be difficult to live in. Cooperation and coexistence are concepts held high in the society and the environment is treated with great respect. The population of Ladakh consists of a variety of different ethnic groups with different religions.

Traditional Tibetan medicine is an important part of the medical system and many people rely on the Amchi, a traditional doctor, to provide health care. With the majority of the Ladakhi people living in villages, health care is not always available to those who need it. This is where EDSA, together with

Wisdomtooth and Manipal University are hoping to make a difference. In the summer of 2012, a group of 20 members from the EDSA will get the amazing opportunity to perform volunteer work in Ladakh. The aim of the project is to train the Amchis in basic dentistry, provide direct care to the people from Ladakh's most remote communities, and identify and train local community members to provide basic dental care.

So pack your bags, roll up that sleeping bag, get the dust off your hiking boots and wind cheater and join the trail to make a difference in one of the most isolated places on the planet!



Get involved in the EDSA Research Programme

AUTHOR:
Maja Sabalic



What is the EDSA Research Program?

The aim of the new project of the European Dental Students' Association is to promote research activities and networking among dental students and offer them research and development opportunities in an international setting. The project activities include creating a database of partner schools, companies and organisations, publishing the list of partners online and informing students about research opportunities, selecting and supporting outstanding students and encouraging students to present and publish their scientific papers.

How can I get involved in the project?

You could get involved either as a project coordinator for your university or as a research student.

Local project coordinator's responsibility is to take care of applying for participation in a project by filling in an online application form available in the Research Project Section

of the EDSA website www.edsaweb.org and promotion of the Research Programme among students and staff of the university. The coordinator is in charge of finding local research projects that can be offered to international students in collaboration with teachers – EDSA Research Programme mentors. The list of projects and mentors along with information about student accommodation and living expenses during the internship/research exchange will be included in the EDSA Research Brochure also available on the EDSA website.

How can I apply for participation in the project as a research student?

You can apply via the online application form after choosing a project of your interest among the projects offered in the EDSA Research Programme brochure. Together with the application the following documents should be submitted:

- CV
- personal statement / letter of motivation
- letter of recommendation
- copies of certificates, abstracts, scientific papers, etc.

Can I get a scholarship?

Yes. EDSA partner Colgate-GABA will fund best research students with a 1000 EUR scholarship for a period of one month during which the student will stay at the host university. Priority will be given to students coming from universities which actively participate in the project and students from countries which are full members of EDSA.

Where can I present results of my research?

The students participating in the programme will have to write a report and send it to the EDSA Research Program and to Colgate&GABA. All incoming papers from the students will be published in EDSA publications. Also, the students will be giving a short 10-15min powerpoint presentation at the next international EDSA event/meeting/congress about their research project. Certificates will be given to the students who successfully completed the program.

For more information on the EDSA Research Programme, please do not hesitate to contact EDSA at info@edsaweb.org.



Rubber Dam: a Raincoat for the Teeth

AUTHOR:
Paun Andreea



- potentially improved properties of dental materials;
- protection of the patient and the dentist;
- improved operating efficiency.

Even more than in restorative dentistry, the rubber dam is obligatory in Endodontics, so much so that Endodontics should not be performed without a dam. Besides the above mentioned advantages, there are still some specific ones: the patient is protected by the irrigating solutions and substances. For the dentist, it also increases the tactile sensitivity during the cleaning and shaping procedure. Without the rubber dam, the dentists, aware of the risk of causing the patients to ingest or aspirate an instrument, holds the files in such a way that they will not slip from their fingers. The pressure they apply to the handle of these instruments reduces the sensitivity of their fingers and precludes the use of the instruments to perform delicate procedures. With the rubber dam in place, on the other hand, they may hold the instruments delicately, without fearing that they may slip from their hand.

We have seen it; we have studied about it; we know it has so many advantages to use: the RUBBER DAM! But just think about how many times have you seen dental practitioners use it in clinical procedures. The answer is not encouraging: the majority of dentist does not take into consideration the rubber dam in cases where its use should be mandatory.

Advantages for using the rubber dam

The benefits of using a rubber dam include the following:

- isolation of the operating field to keep it dry and clean;
- improved access and visibility;

Increasing the patients' acceptance

Some patients appreciate the use of the rubber dam. On occasion, they may ask whether it is a new invention, and once they have tried

Statistics

According to a study made in 2008, from a total number of 164 general dentists, most (74 percent) felt that their dental school rubber dam training was adequate, but still they do not use the rubber dam due to the following reasons: inconvenience (40 percent); unnecessary (28 percent); other (11 percent); patient refusal (11 percent); and time (9 percent). The percentage of clinicians who never use the rubber dam in different clinical procedures is presented in Table 1.



	Amalgam Fillings	Anterior direct resin composites	Posterior direct resin composites	Endodontics
% of dentists who perform this clinical procedure	71 %	100%	98%	78%
Rubber Dam Usage:				
NEVER	53%	45%	39%	11%
ALWAYS	12%	17%	18%	58%

it, they do not want to do different clinical procedures without it in the future. On the other hand, there are others who refuse to accept the use of the rubber dam due to several reasons. Ones of them are allergic to latex whose prevalence has been increasing. Latex-free dams, such as silicone rubber (Coltene, Whaledent) are currently available. Additionally, the digits can be cut from a vinyl glove, and the remainder can be adapted to act as a rubber dam in patients who exhibit hypersensitivity to latex.

As a result of a lack of acceptance of the conventional system, introduced by Barnum in 1869, new systems were developed (eg, OptraDam by Ivoclar Vivadent AG, Schaan, Liechtenstein). This system is advertised as being very comfortable and easy to use, without distracting clamps and this new design may take better acceptance from patients.

Moreover, clinicians can make printed posters that show the steps used to apply the rubber dam and the reasons why it is better for the dentist to work with it. Of course, the terms should be selected as familiar as possible for an easily comprehension of every patient.

Conclusions

Rubber dam is definitely one piece of equipment which the dentist should not dispossess of but take advantage of its invaluable benefits. Also, dentists should be well-informed about the variety of equipment and choose the appropriate solution for the patient taking into account the clinical case. Take some easy progressing and have efficiency in what you are working with the rubber dam!

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Training dental health workers throughout the developing world - The story behind Wisdomtooth

AUTHOR:
Dr. Jason Doten



Give a man a fish, and he eats for a day. Teach a man to fish, and he eats for a lifetime. It's an old saying. It's simple. It's what Wisdomtooth does. We believe that safe, simple, continuous care is better than no care at all. We believe that empowering local people to take control of their community's own health care is better than foreign dentists doing it for them. We believe that the students of Manipal University and EDSA can help us make a difference.

We began Wisdomtooth in 2007, after realizing the great potential for long term, sustainable results from teaching dentistry to local health workers rather than providing direct care. Dentists spend thousands of dollars traveling,

setting up their gear, working for two weeks, packing up, and then leaving. Maybe one or two hundred people are treated, but what has been accomplished? Unless the trajectory of a community's health improves, very little. We believe that there is a more sustainable model. There is a huge volunteer community within dentistry, filled with dentists who are passionate about helping the less fortunate. We channel these dentists into something a little more sustainable. We connect them with projects that teach health workers how to treat decay and periodontitis within their own communities with the resources available to that community.

There is strong evidence that volunteer dental groups actually cause significant harm in some communities. Many patients will have post-operative complications and pain. Volunteer dental groups also inadvertently undermine any kind of existing local dental infrastructure. A shop keeper in rural Nepal told me that he no longer carried tooth brushes because people stopped buying them after a large dental team came through. People waited to get much nicer ones for free. However, there is no guarantee if or when another group with return. Direct care camps can also be demoralizing for local health workers who have limited resources, limited training, and are not paid much for their efforts. Foreign teams come in, create a lot of excitement, perform flashy procedures, and then leave. It's difficult for the remaining local dental health worker to stand up to that kind of increased expectation. Instead, Wisdomtooth empowers, supports, and teaches the local health worker how to provide the best care possible with the resources available in that community.

Much of the practical techniques and implementation were refined by the founders' experiences in rural "bush" Alaska. The situation in bush Alaska shares similarities with international sites that Wisdomtooth serves. Due to the remoteness and limited populations of Alaskan villages which are not connected by road to towns with full-time dentists, it is extremely difficult and expensive to provide care. Dentists must fly to communities carrying all of their gear and supplies. Bad weather can completely prevent travel, running water is limited or non-existent, and electricity is inconsistent at best. It all adds up to the need to be extremely



efficient and smart about how care is delivered. It also showed the huge value in having a local health care provider available to provide basic dental care. With someone locally providing cleanings, sealants, basic fillings, and simple extractions, most of the dental needs in a community can be addressed by someone on site, and continuous, consistent prevention keeps the need for more advanced dental care to a minimum. Wisdomtooth focuses on sustainability and simplicity, utilizing only what is available to local health workers. The places we go have no reliable electricity, so we teach techniques that do not require electricity or complicated equipment.

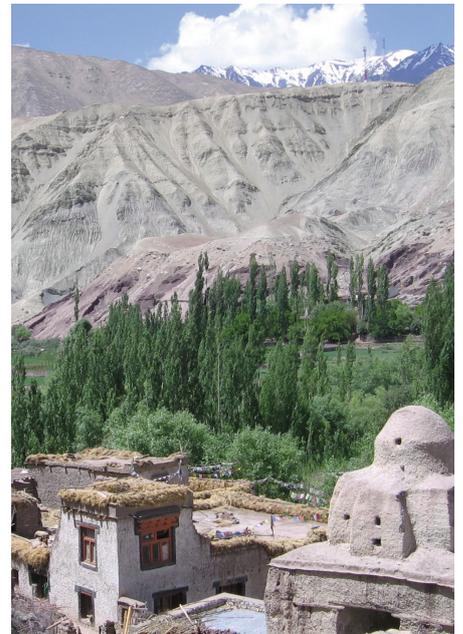
We have had varying degrees of success, and community buy-in. Our most successful project is in conjunction with Lamdon Social Welfare Society of Ladakh, India. We had the opportunity to teach the school nurse of their main school in Leh. She was already comfortable delivering health care, and the children were comfortable with her, so we just had to teach her some basic dentistry. After just a few summers of training, she became very comfortable placing sealants, glass ionomer 'scoop and fill' restorations, subgingival debridement and simple extractions. She's there year round, and year after year. She speaks the language, and the community already trusts her. She's more

effective at maintaining the oral health of the students than any foreign dentist. The end result is long term, continuous, quality care for the entire community. Check out a mini documentary about her at www.wisdomtooth.org and click on the video link.

This is why we are encouraged by the Amchi (Tibetan Medical Provider) project. Thanks to the late Tom Grams who was killed while on a medical mission to Afghanistan, we were introduced to, and began working with the Ladakh Nuns Association to teach their Amchis how to treat dental issues. This project has great potential for significant long term benefits. The Amchis travel to the most remote areas of Ladakh providing care to the most isolated and poor. What's more, we believe that even the educational aspect of the Amchi project will become self sustaining. We believe that after a few years some of the older Amchis will have enough experience to teach their skills to the new ones. The Manipal University-EDSA project scheduled for the summer of 2012 will send four to eight groups of dental students and dentists to different villages in Ladakh with one Amchi each. The groups will focus on teaching the Amchis basic dentistry. Dentists and students will select patients appropriate for the Amchis' education. While the Amchi is receiving one-on-one training

from the dentist, the dental students will provide what direct care they can to those in the community not selected as teaching examples. We believe that it will be a rewarding experience for all involved.

Wisdomtooth, Manipal University and EDSA invite interested dentists and dental students to submit applications. Visit www.wisdomtooth.org/projects to view the requirements for the Manipal-EDSA Amchi project. You can email application information to Amchiz2012@gmail.com.



Interview with Professor Mariano Sanz

AUTHOR:
Ana Stevanovic

Professor Mariano Sanz is the President of the European Council of Dental Deans. He is also past secretary general of the European Federation of periodontology (EFP), past president of the Spanish Society of Periodontology (SEPA) and Councilor and regional board manager of the International Association for Dental Research (IADR-CED). Furthermore, he is member of the editorial committee of many scientific journals: Journal of Periodontal Research, Clinical Oral Implant Research, Journal of Dental Research, etc. Prof. Sanz has published more than 150 scientific articles and book chapters in Periodontology, Implant Dentistry and Dental Education. His teaching has so far involved multiple courses and seminars in periodontology, implant dentistry and dental education.

Dear professor Sanz,

First of all I would like to thank you taking your time and accepting our invitation.

As Dean of Complutense Dental School, do you support the Spanish dental students involvement in EDSA?

Of course I do. In several occasions I have asked the Spanish Student Association (ANEQ) to become more actively involved in Europe, and I believe this interest is increasing among the Spanish dental students.

You are also coordinator of the Deans working group. EDSA wants to thank you for inviting us last year to have a speech about our organization. Was it helpful for the Deans to find out some more about EDSA activities?

As you know this working group is part of the structure of ADEE and within ADEE there has been a great effort since long time to accommodate the activities of EDSA. This relationship has been very fruitful on both parts. As responsible of our institutions our main remit is the training of our students, and therefore, the dental students, being the centre of our activity are the core of our business. In order to be efficient with our programs and initiatives we need the student's input and involvement. I believe this is happening to a large extent and the more organized and cohesive the student network is the better this relationship will be. In many occasions the academician - student's relations and activities are not better, not because of bad will, but mostly because of a lack of good working mechanisms. In this sense to have a strong student association such as EDSA makes this link much easier and more efficient.

It is very helpful, not only to be aware of the interest and initiatives coming from the students, but also to be able to coordinate schedules and try to arrange common

The secret is to develop a passion on what you do and try to serve your community by fulfilling the rules and be guided by strong values.

initiatives and activities.

We know that you've spent few years specializing in Periodontics at UCLA. What was your main reason for deciding to go overseas? In those years, at least in Spain, there was not a real postgraduate training organized and that meant that if you wanted to become specialist you had to go abroad. At that time there were isolated programs in Periodontology in Europe, but nothing really bound to train foreign graduates. It was then necessary to go abroad and many European graduates did their speciality training in US in the 80s. and 90s. The current situation is very different. There are excellent postgraduate programs in Europe in many different specialities, and by considering the level of publications and academic production, the quality and prestige of European Postgraduate Education has nothing to envy from the US Dental Schools.

In your personal opinion, how much are European undergraduate students involved in IADR at the moment? How would you compare this with the American colleagues?

For undertaking meaningful research activities, undergraduate students need time allocated for that purpose in their curricula and this is a problem in many dental institutions. The program are so congested with academic activities that leave very little space for research and most of the times that research experience lies more in the own student's interest than in the educational process itself. Of course there are exceptions and the Dutch example is clear, since this country has added one more year (6th) among other things to increase the student's research activities. I personally believe that



some kind of research activity is fundamental in any health science career and dentistry should not be the exception. Clearly, IADR is the most important association to channel these research activities and it is obvious that as much more research output comes from dental students, a stronger link with IADR will occur.

As you might know, EDSA is starting research exchange program. Our goal is to connect students and professors from different European countries. What do you think, can IADR and EDSA work together in this kind of projects?

I think this is an excellent idea since there is already a well established experience with academic student exchanges (Erasmus Program) and at the same time, IADR has well established research exchange programs for postgraduate students. I am sure EDSA can be an excellent link to coordinate this proposed exchange program.

If you can describe your opinion about the future of dentistry in one sentence, what would that sentence be?

Dentistry has been and will always be the science promoting oral health. The more we understand on the importance of oral health in the context of general health and wellbeing the more relevant dentistry will be for both the individual human being and the general population.

What is your secret for keeping up with all of those obligations?

The secret is to develop a passion on what you do and try to serve your community by fulfilling the rules and be guided by strong values.

Do you have any spare time for your hobbies?

Of course I do. I have a large family (4 sons) and I really enjoy when we do different activities all together. I love to do sports, outside activities and to cook. Hopefully one day you can enjoy one of my "paellas".

In several occasions I have asked the Spanish Student Association (ANEQ) to become more actively involved in Europe, and I believe this interest is increasing among the Spanish dental students.

Dental Student and Entrepreneur - David Stone

AUTHOR:
Cristina Rizea



David, you are a dental student and you also lead your own business. Tell us more about your business, how did it all start?

Well actually I have just finished my final exams and graduated but not quite started working yet. I first found out about loupes in my 3rd year of dentistry when a company visited Cardiff Dental School and held a demonstration for students and staff over a lunchtime. The atmosphere was very pressured towards buying on that day as they were visiting for one day only and they were offering a student price of over £500 only on that day. I was very keen to buy a

pair of loupes as I had already had problems with my back from leaning in over patients to see better. I was put off from buying loupes because the prices were very high and I was not even able to try them out in a clinical setting before buying and was only able to try them sitting at a desk which is not a good comparison for how they are used clinically. I decided that the price was just about affordable but I did not like the service that was given as the company was more keen to talk to members of staff rather than students, who were paying less. I never intended to run a business, but I managed to source excellent quality loupes at a great price by buying in

bulk. I paid for a sample of the product to be made and showed it to my fellow students and staff who were very impressed with the quality. Gradually more and more people became interested in these loupes, so I decided to make some flyers and a website so customers could see what they were buying without me having to see everybody individually (I did not have enough time to meet everyone and study dentistry at the same time). As some of our staff members work at different dental schools the word spread about this new company 'UKloupes' and we have expanded ever since.

Did you get any help from your parents, your colleagues or your professors when starting the business?

Financially I have had no support to set up UKLoupes other than two prizes that were awarded to us during the early stages of the business starting up. My parents have been very supportive during my studies and have always given me words of encouragement when things are not going smoothly. For the day-to-day running of UKLoupes as a business I have had the most support from Cardiff Universities 'Student Enterprise' scheme which, along with the Welsh Assembly Government, have offered a series of free evening classes on how to run a business as well as giving a few hours of independent

business advice from people who have set up their own businesses previously.

Do you have a team helping you with the UKLoupes activities? If yes, what do the other members of the team help you with?

The team behind UKLoupes consists of a number of dental students across the UK who hold a small amount of demonstration stock. This allows the students to try-before-they-buy, or just to try a pair of loupes to see what they are like. I also have a business studies student in Cardiff who assists with business planning and marketing strategies. Not having a business background, his input has been very important in the development and direction of UKLoupes.

UKLoupes has been present at the recent EDSA Meeting in Leeds, do you have any other important dental events in the agenda for the future?

Other than many smaller trade fairs run by dental schools we hope to attend the BDSA event and also will be attending the British Dental Association Conference and Exhibition in Manchester. We have recently presented UKLoupes at the International Dental Students Association and Young Dentists Worldwide conference in India and hope to hold more international events soon.

How do you deal with your duties as a dental student? Is it difficult to mix the two activities?



During dental school, running UKLoupes was quite difficult as I needed to fit it around my clinical activities as well as coursework and exams. Most of the day-to-day running of UKLoupes I was able to do in the evenings or mornings which makes for a very busy day. I am a keen runner and swimmer, so I always made time for these extracurricular activities, as otherwise I think all the work could easily take over my entire life if I let it!

What are your plans for the future? Do you plan to focus more on dentistry, or on your business?

Having come to the end of my dental training I have become increasingly aware that dental practices are all run as businesses. They must employ cleaners, receptionists, nurses and administration staff and also order stock and maintain equipment. Having spent such a long time studying dentistry I think it would be a real shame not to put it to use so I intend to continue my career in dentistry. However, I intend to also keep UKLoupes running but perhaps play a smaller role in the day-to-day tasks and have more of a role in directing the business. One day I would like to have my



own dental practice and I am sure that my business experience so far will then become very useful. I am always looking for new ideas for products or business services so I would always like to have projects other than purely dentistry on the go.

Do you have any advice for dental students who are thinking of starting their own business?

There is a lot of support available to anyone who's interested in starting their own business. Although it may seem very complicated at first, you only need a very basic understanding of business skills to make a start. Like dentistry, you can learn business from a book but the most valuable lessons can only be learned through doing it, sometimes making mistakes and gaining experience along the way.

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Slovak Association of Dental Students - Days of Healthy Smile

AUTHOR:
Peter Dzupa

SADS is an organization from Košice associating Slovak dental students. We are the only student organization in Slovakia which does that. Our goal is to strengthen the relationships between our students and to create a community which may be helpful in many school and also non-school activities. We try to make the time spent studying dental medicine more pleasant and we do that by creating the opportunities to relax and by finding the ways of applying some of the theoretical knowledge in practice.

On 12th and 13th of May 2011, SADS prepared a precautionary event for the citizens of Košice called „Days of healthy smile.“ The event’s goal was to demonstrate the right technique of teeth cleaning and it took place in a tent at Alžbetina street in Košice with area of 75m2. We wanted to teach citizens and visitors of Košice how to care about their teeth properly and convince them that by carrying out the proper dental hygiene they can avoid the problems with their teeth and health in future. The students of dental medicine from the Faculty of Medicine of the University of Pavol Jozef Šafárik were the instructors since they have a great deal of experience thanks to the precautionary projects they have been a part of for a long time (Dental Alarm etc.). The function of guarantor was provided by the lead expert in the field of dental medicine in Slovakia, prof. MUDr. Neda Markovská, CSc., who also attended the opening of the event. The mayor of Košice, MUDr. Richard Raši, PhD., was present as well. The University of Pavol Jozef Šafárik was represented by his Magnificence rector of the UPJŠ prof. MUDr. Ladislav Mirossay, DrSc. and by prof. MUDr. Viliam Donič, CSc., the representative of the Faculty of Medicine. Slovak chamber of dentists was represented by the president of Regional chamber of dentists in Košice, MUDr. Milan Tomka. Company CURADEN Slovakia s.r.o. through brand CURAPROX, represented by Mgr. Lucia Pašková was the general sponsor. The opening speeches were followed by the practical demonstration of

proper teeth cleaning technique and invited guests were accompanied by the president of SADS Maroš Kamenický who was explaining the work of the instructors. 1700 people were lectured during two days and all of them were given a free toothbrush. „Days of healthy smile“ in Košice was first event of this kind. We

believe that we will find the support needed for organizing more events in Košice. We will also try to bring „Days of healthy smile“ to other cities in Slovakia. Nowadays we are preparing the same event in another Slovak city – Žilina.



EDSA GLOSSY

gossips, facts, news

Blond & Dentist



name: Milica Šakota
 age: 24
 Attendance to EDSA meetings: 100%
 She is more famous as a socialite of EDSA meetings. Not only her look is hot, but also her voice. It is definitely not a good idea that she comes to Antalya because it's already hot enough there!

name: Anna Lennartsson
 age: 22
 Attendance to EDSA meetings: newbie!
 We know Sweden for IKEA and blond girls. But we did not know that they have blond dentists too. In Leeds Meeting, Sweden sent this goddess to us and she scored at her first EDSA meeting the Ergonomics Officer position. Let's see whether it was the brains or the beauty that inspired the ExCo :)



name: Kristína Václavová
 age: 2?
 Attendance to EDSA meetings: newbie!
 Slovakia wants to impress the GA and the guys with their new delegates. And they respected the choices of each EDSA guy., because this time they sent one blond and one brunette delegate :) (Ivana Hudakova)

Brunette or Blond? dilemma for Cristiana F.



Our Romanian femme fatale Cristiana Focseneanu had her so-called sister Andreea Bedreaga wanna be the hot items of the EDSA family. Recently Cristiana bleached her hair. Our trusted followers on facebook didn't know why she did this. Was this because of showing love to her blond sister or to come in the category of Blond & Dentist? But I am sorry Cristiana, this category is only for real blonds!



The skilled networker of the 47th EDSA meeting in Leeds, Mr. James Frederick Attard from Malta



page 2.



Malta kept greeting

This young gentleman represented Malta for the first time during the last EDSA Meeting. His presentation was quite good and he convinced the ExCo and the delegates to accept his school as a member of EDSA. But this gentleman was also a networking guru. Guys, let's ask this gentleman how he managed to snap a shot with all these ladies! Really impressive :)

Bulgaria loves EDSA

In Leeds EDSA Meeting, the biggest group of students came from Bulgaria. This country is a faithful member of EDSA. This time they sent some new beautiful faces to the Leeds Meeting. The group was always complete and together. The important man of this group is our legendary loyal EDSA delegate from Bulgaria, Anton Tumbalov aka Boss Tumbalov. This guy loves "books" (whisky bottles) a lot. His shopping at dutyfree area's of the airport consist of cigarettes & whisky. He also always has pre-drinking-parties in his hotel room before the EDSA meeting parties. So boys and girls of EDSA, from now on you know to whose room you can go before the beginning of the EDSA parties!

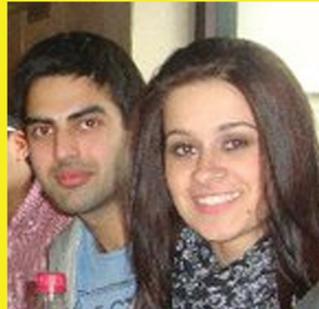


Did you know that:



- Hassib K. gave a x amount of money to Maroš B.K. to take a picture with the two diva's of Slovakia.

- Naida K. was looking very happy when Amir J. arrived at the last day of the meeting. They were almost together during the parties. Apparently they had to tell each other alot ;)



- our Swedish delegate Niklas N. was impressed by the beauty of Ivana H. Nobody knows what they were talking about all the time.

- a very mysterious case during the EDSA Meeting in Leeds was that these two guys wre disappearing during the daylight like vampires and appearing again at night. Maybe Natascha O. and Sanja P. should investigate this :)



- Kunal S. & Tom H. waited for a long time to gather all of these girls for a snapshot. Well done, guys :)



-lots of boys wondered why Kirpal B. aka Kobe accomodated almost all the beautiful girls in the hotel where he was staying.



King of Paparazzi



Nicu Mera from Romania was the king of paparazzi during the EDSA Meeting in Amsterdam. He took more than 1000 pictures during that week.

Unfortunately it was his last EDSA Meeting, but he appointed two brand new paparazzi faces for the Leeds Meeting: Mr. Marin Ivanov and Mr. Rushil R Dang (especially sent from Bollywood). They did a perfect job because everybody saw them taking pictures all the time. Mr. Ivanov even went a step further cause he was filming too. We wish them good luck with this useful hobby!

Dear beloved EDSA friends,

Proud to present for the first time in the history of EDSA the EDSA Glossy. Our first two glossy editions were published on Facebook and when my dear colleague and the magazine editor Cristina Rizea requested me to work on a new section named EDSA Glossy. The results are in front of you. We hope that we all have fun reading the first issue. If you have any kind of facts, gossips or news regarding EDSA meetings and people then send it to edsaglossy@dentalid.net. Because I can't do it alone :)

Regards,
Faro Sana
Co-Editor EDSA Magazine



Join EDSA Glossy group on <http://www.dentalid.net>

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