



SYDNEY UNIVERSITY
DENTAL ASSOCIATION

FACEBOW

Student Newsletter Issue 2 | 2020

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WELCOME TO FACEBOW

GRAEME PEARSON | DMD3

Welcome back to the Sydney University Dental Association's (SUDA) second edition of Facebow 2020! Facebow is SUDA's student-run newsletter, created and distributed to students in the Doctor of Dental Medicine (DMD) and Bachelor of Oral Health (BOH) programs, as well as all staff within the School of Dentistry at the University of Sydney.

As second semester comes to an end, we reflect on how the year has been and how we adapted to our new norm. Obviously, the current situation has been less than ideal



for everyone involved, but we managed to cope with the changes and make the most out of it.

Could you have imagined students scaling plastic teeth in a lecture theatre rather than simulation clinic at the start of the year? What about having three clinical sessions in a day, or having to wear five pieces of PPE just to use a triplex? We were faced with adversity and we persevered through.

Many events were put on hold, though that didn't stop everyone from organizing COVID-safe events.

DMD3's Emma Katz was determined to make up for the cancellation of our annual derby, the Roland Bryant Cup, and did so by organizing the Sports Day event for all DMD and BOH students in October. The day was filled with energy, teamwork, and camaraderie which I haven't seen in months, and was an incredible event to participate in before the end of the year.

This issue of Facebow includes featured interviews from staff and alumni, students' rural experiences, and a detailed narration of Sports Day – I hope you enjoy it!

We wish all outgoing SUDA members and students a warm farewell and good luck on their journeys, and warmly welcome all incoming members and students. Shoutout to Emily Blackburn, next year's Vice-Secretary, who will be taking over my role. She's going to do a phenomenal job!

Huge shout out to the Facebow Committee who worked hard this year in meeting their objectives; if it wasn't for them, there would be no Facebow.

Goodluck this exam period and enjoy your holidays!

Graeme Pearson

Facebow Editor in Chief, Vice-Secretary

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PRESIDENT'S REPORT

ANTHONY YAMMINE | DMD4

Welcome to the final edition of SUDA's Facebow for 2020. I hope this read catches you while morale is up and your optimism for the future is strong!

For our new members, Facebow is SUDA's student run newsletter distributed to all Dentistry and Oral Health students and staff.

2020 marks SUDA's 100th anniversary and despite the challenges we faced this year, I hope it was one you will remember fondly. Thank you for your patience, perseverance, flexibility and trust in us this year. In February, SUDA shifted focus to ensuring your safety, welfare, learning, progression and graduation. You have remained tenacious with a good cheer, found ways to be remain connected, to comfort one another, to press to ensure an adequate education, and lifted the school through such a difficult year.

Despite your different dental experience in 2020, our fundamental goal was to represent your academic, social and sporting lives to the best of our ability. This year, SUDA applied to become a society of the University of Sydney Union (USU) after more than 12 years of separation. For a long time, SUDA has been the only University society that is not associated with the USU and several SUDA committees have entered negotiations to re-join in recent times. Participation in the USU will allow SUDA and its members, for free, to access increased society support (training, elections, campus incentives, and more), increased funding, access to venues on campus, and access

to the wider University culture. To aid in this transition, SUDA made substantial internal changes to the way the society runs; we improved membership opportunities and transparency to our operations by inviting you to attend Ordinary General Meetings (OGMs) and the Annual General Meeting (AGM), read the meeting minutes, contact our representatives directly, participate in hoodie and t-shirt competitions, and get involved in subcommittees; we upheld and heavily modified our constitution to run an effective, modern society for your representation; restructured how we respond to feedback within the society and also how we communicate with the School staff in order to best voice your feedback. We advocated at all levels for new student space at the Sydney Dental Hospital, for student consultation in changes to learning experiences, and more University of Sydney representation on the Australian Dental Students Association (ADSA) council. We represented your views regarding Curriculum Reform and Attendance Provisions, collaborated with the School on the fundamental improvement of cultural competency training and engaged with over 15,000 people with SUDA's Black Lives Matter statement, which was signed on by all dental institutions in Australia. We helped you stay connected by launching SUDA's Online Series, Society App, Instagram page and new website. The Online Series encouraged your participation in learning, running, cooking, Pilates, yoga and painting during lockdown, while our Instagram page connected you to current students, alumni and recent graduates through the Instagram Takeovers. At the height of the pandemic, we helped operate the Mons Road Food Pantry and subsequently partnered with

various charities, including the Avner Pancreatic Cancer Foundation through the Remember September campaign. The committee's great hoodie and t-shirt designs, plus those incredible designs from our student winners, saw us offer more merchandise than four times that of in recent history. We engaged with the Dental Alumni Society of University of Sydney (DASUS) and the School to provide you with extra-curricular lectures, such as COVID-19 implications on Dentistry, and Business in Dentistry. Imagine what we could have done without the pandemic!

I never thought the time would come when the end of my time with SUDA would be closer than the beginning. When I joined SUDA in 2017, I did not know how I would impact the organisation and how it would impact me in return. I am incredibly humbled to have been surrounded by an amazing committee who was able to help SUDA achieve its goals this year. SUDA would not be what it is without the incredible work of our team and their deep commitment to you. Thank you to the School of Dentistry for allowing our positive relationship to grow and for navigating the pandemic with our team. Next year, we wish President-elect Annie Johnson and her magnificent team all the best!

Finally, on behalf of the graduating DMD and BOH classes of 2020, I bid a painful farewell to all of the incredible friends we have made over the journey. Let me take this moment to acknowledge the deep gratitude we have for all of your unwavering support during our degrees, and especially this year. We are looking forward to being your colleagues next year and hope our paths will cross again someday!

Kind regards,
Anthony Yamine
2020 SUDA President



Society App



<http://www.usyddent.org.au>



@usyddent



<https://www.facebook.com/USydSUDA>

MIRAGE RURAL DENTISTRY NIGHT

KEVIN ZHANG, HARSHITA SRIVASTAVA | DMD2

MIRAGE Rural Dentistry Night was held on Thursday 23rd July. It was an extremely informative night, with Professor Woosung Sohn from School of Dentistry and our guest speakers, Dr Charlie Thompson and Dr Caroline Thompson who own a practice in Cobar, in rural NSW. Unfortunately, Dr Caroline Thompson was unable to speak on the night, nevertheless, Dr Charlie Thompson provided great insights about his own experiences.

Professor Sohn talked about rural placement opportunities for both BOH and DMD students during their respective degrees. He elaborated on locations that students could be placed at, some of which include Ballina, Orange, Broken Hill, Nowra and Central Tablelands. It was emphasised how this placement is not only meant to expose students to the clinical side of rural dentistry, but also is meant to be a culturally enriching experience where we have the opportunity to immerse ourselves in the culture and community.

Following on, Dr Charlie Thompson shared his own experience about his rural placement during DMD4 at Central Tablelands. He gave great insight into how he made his decision to practice full-time in a rural setting and gave students advice to help them make that same decision. He said that he truly cherished this time and would highly recommend DMD and BOH students to take advantage of rural placements. Dr Thompson also talked about the range of cases that he gets to treat and how he has had to become “a jack of all trades” in a rural community like Cobar. He also emphasised the balanced lifestyle he is able to lead by participating in community sports and events, and spending time with his family.

Altogether, this was an incredibly informative evening with a great conversation between the speakers and students. It could not have asked for a more successful event!



Dr Caroline Thompson (BDS, BClinicalSC)

After graduating in 2013 from BDS at Usyd, Dr Caroline went on to work at Nepean hospital in a voluntary dental graduate year. She is an active RACDS and ADA member, enjoying conferences and courses when she isn't busy running her practice in Cobar or caring for her two young children, or relaxing with some baking and gardening.



Dr Charlie Thompson (BDS, BMedSci)

Dr Charlie is a 2014 BDS graduate and BMedSci from the University of Sydney. His love of dentistry first grew when working as a DA during study. He has a keen interest in many specialities, and has completed numerous PD courses in orthodontics. When not running the family practice he enjoys spending time with his children and raising money for various charitable organisations he is involved in.

ALUMNI INTERVIEW

KATE RUIZ

AIDA MOSHTAQ | BOH3

Can you tell us a bit about yourself? I completed BOH (USyd) in 2013 and worked as an OHT in private practice. In 2015 I decided to pursue a Masters of Public Health (MPH), which introduced me to various research options. I spent some time working in research at the Charles Perkins Centre and collaborating with different teams. I've also worked as a Clinical Educator in the simulation clinics and BOH paed and perio clinics, and I've loved seeing the students' progress through the course. I predominately work in private practice now with a fantastic team and can whole-heartedly say that I love my job!

What motivated you to take the path to research? I had always enjoyed evidence-based practice throughout the BOH course, but I wasn't entirely sure that research was for me. I still loved working clinically, but felt I was eager to broaden my skills. I decided to complete the MPH part-time, rather than opting for a specific research post-graduate course, as I felt I needed to learn more of the basics first. The core units of study helped me achieve a greater understanding of the many different pathways in Public Health, but ultimately, I was drawn towards research and chose electives based on that.

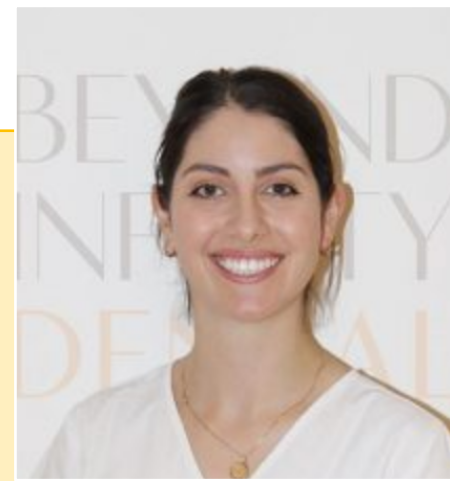
What did your research consist of? I've been fortunate enough to have been involved in numerous research projects over the last few years. Whilst working at the Charles Perkins Centre with Prof Joerg Eberhard and the School of Life Sciences team, I was predominately involved in a clinical trial that explored the effects of nutrition on healthy aging, including periodontal disease. I enjoyed overcoming the challenges of organising dental data collection within a non-dental setting and collaborating with multiple groups and teams. The Charles Perkins Centre is a fantastic hub for multi-disciplinary research, and really accelerated my skills in research. Whilst working as a Clinical Educator for the BOH program I was also lucky enough to contribute to Dr Grace Wong's research in evaluating effective teaching methods for local anaesthetics. I enjoyed collaborating with colleagues in completing the study, and the mix-methods nature of this research as I hadn't previously utilised my qualitative research skills before. It was interesting to see the research progress over the years whilst following different cohorts through.

Do you have any advice for students interested in exploring research after completing their degrees? I would suggest in spending some time working as an OHT/Dentist first and not diving straight into research. I think it's important to develop clinical skills first and learn the working world after so many years as a student. Perhaps volunteering to assist in a research project or shadowing a research team for a day would help to determine if research was for you. There are much more focused pathways towards research that could be

followed, such as a Masters of Research and PhD, that may suit those who are interested in pursuing a career in research. And there are also other post-graduate courses that incorporate research aspects as well as other content, such as the MPH. I would suggest exploring the post-graduate information on the University website, particularly within the Faculty of Medicine and Health, as there are so many different pathways to consider when it comes to research.

What is one thing you wish you knew as a new graduate? How good a light for my loupes is! I think back to all those times I struggled with adjusting the operator light, especially if it wasn't a good quality one. I've always had my loupes, but I wish I had upgraded to a light earlier. It's been a game changer for me.

What is the greatest lessons you've learnt both as a practitioner and a researchers? Don't take shortcuts, in clinic or in research! It just creates headaches. I'm a strong believer in 'do it once, do it right', and I've learnt that being highly organised not only makes everything run smoother, but also reduces stress. In saying that, I've also learnt the importance of being adaptable. I think it's important, especially more so now, that you have the skills to adapt with change and be open to new approaches.



INTERVIEW DR GAMER VERDIAN

USAAMAHA PATEL | DMD1

Gamer completed his education in dentistry at The University of Sydney in 2007. He is the practice principal of *Dental Lounge*, a cosmetic practice renowned for treating Australian celebrities and public figures. He was one of the first dentists to integrate 3D facial scanning technology in his appointments and uses Microscope Enhanced Dentistry for all of his procedures. Gamer went on to study the principles of ‘industry disruption’ at Harvard University and has since then founded *Dental 99*, a fixed price business model which has rapidly grown into five clinics in just over a year.

You have spoken about the idea of industry disruption; what does this mean in the context of dentistry and how does this align with *Dental 99*'s business model? The key reason for industry disruption is very simple. We have 35% of the population that can't or won't access dental healthcare and the predominating reason is cost. We see a news article or TV piece nearly every week of people with serious dental conditions that are on 2-year public hospital waiting lists to access basic pain-relieving services.

We wanted to create a model that allowed for these patients to get access to quality dental care where it could be affordable and transparent. All the technology and research focus in dentistry was to provide better crowns, implant systems, better veneer materials and scanners. All this does is provide better quality for patients who are able to afford these expensive treatments. We focussed our efforts on building tech that would allow us to provide quality dentistry at a more affordable price.

We spent the past four and a half years developing of the software for *Dental 99* that includes the patient app and the Pro app for the clinicians to use on their iPads. We see ourselves as the Google of dentistry where we have built this unique proprietary technology and provide a very unique patient experience to provide an entry point into private dentistry. Our focus, just as Google started with a search engine, is to innovate and innovate from that entry point to guide our patient from the start until their end destination. We all now see where Google has ended up as a tech juggernaut that started with a simple search engine. It is our responsibility to be smart enough to align our clinical team with our tech team to be able to achieve these

ambitions. While most of our colleagues view us as a 'cost-undercutter' of dental prices we see ourselves very differently as a very unique collaboration of tech and dentistry that will change the service delivery and accessibility of dentistry forever.

What is your vision for dentistry as a field and how do you see it evolving over the next 10 years? Dentistry has changed so much over the last five years and it will continue to do so as it is driven by consumer behaviour. The astronomical level of research our patient now put into their decision making for healthcare is astounding and will only increase, this inevitably results in a binary dental patient: one that is after premium dentistry and is willing to pay for it, and one who is purely driven by cost; this group will be most comfortable with "branded" dentistry such as *Dental 99*. Inevitably, there will be a larger erosion of the middle class of dentistry. Technology will evolve our processes for complex services where digital dentistry will be the standard of care and patient involvement in decision making will continue to increase as they educate themselves further and further.

You have been recognised for integrating Facial Aesthetic Design principles and digital smile technology in your appointments. Can you elaborate on how these ideas and software supplements cosmetic dentistry? My integration of Facial Aesthetic Design was purely driven by frustration and previously failed attempts at best-practice cosmetic dentistry. One of the



hardest parts of cosmetic dentistry is to correlate a smile makeover that looks amazing on a set of models to a person's facial features. It can be quite horrible when you cement a set of veneers and only realise later that it just doesn't suit the patient at all and worse, when the patient notices and wants them replaced. For someone who strives to do the best for their patients, I looked for a better way and found the Digital Smile Design movement. The facial scanner allows you to mock-up your final veneer position prior to

preparation of a single tooth. Something important to note is that the software is only as good as the operator. It needs a lot of practice and trial-and-error before the process becomes flawless and yields excellent results. I still find that no matter what guidance technology provides, you still need to have your own technical expertise to position your final veneers and be able to communicate this with your ceramist. I frequently will do this during the test-driving phase where the patients' temporary veneers are refined and finalised.

If there were a single piece of advice you could pass on to current dental students, what would it be? Find a great mentor, spend as much time as possible with them and have an unquenchable thirst for learning. One of the best things that happened to me as a dentist was that I wasn't very busy in my first year, so I spent my spare time shadowing our practice principal. I learnt so much during this phase, just by witnessing how an experienced dentist communicates with patients, handles simple challenges (like when a matrix band doesn't fit correctly) and leads their team toward a common goal. And I drove him crazy by asking a million questions a day. We live in such a technological age where you can watch YouTube videos on dental training content for hours on end; that should form a significant part of your spare time. Instead of watching your favourite series on Netflix or seeing what your friends are up to on Instagram, train yourself to become a better dentist – it will not go unnoticed.

What values and characteristics do you think are incredibly important to have in graduate dental students? Resilience and patience. Dentistry is a tough profession as we are one of the few medical professionals that are performing 'operations' on awake patients. It's no surprise they don't love visiting our practices. It takes time to build a strong patient base and to have the clinical skills to provide high quality dentistry. When these two things align, the rewards align along with it.

Don't expect to be great terribly fast and cut yourself some slack. I clearly remember the moments in my career where I just wasn't happy with the dentist I was, and I put extreme pressure on myself to improve. If you are putting the work to become a better dentist, it will come.

What does a typical workday look like for you? I'm up at 4.15am to get some exercise in before 5. I then start working on non-clinical dentistry, whether it be business management, emails, or digital smile designs until about 6.30. My kids are up around this time, then the craziness starts until I get ready and head to the practice at 8. We have our morning huddle and we start to see our patients. A typical clinical day begins with 2-3 consults followed by one of the following appointments: a digital design review, posterior crown or molar endo. Toward the middle of the day I will usually start a complex case that spans 3-4 hours, followed by a medium length complex case of 2-3 hours. We finish the afternoon with more consults or design reviews. I head home around 7 for some quality family time, then it's off to bed at around 10. I'll also fit some basketball in two nights a week.

What were your best experiences studying at Sydney Uni? First year camp was great to truly meet your fellow classmates. I still remember the shock in third year where we were essentially studying from 8am to 6pm every day and it felt like we had entered the workforce. One of my favourite memories every year was the Dentistry versus Medicine basketball game and rugby match. It always felt good to beat those guys!

10 OCTOBER 2020

SPORTS DAY

EMMA KATZ | DMD3



It was a sparkling Saturday afternoon when the collective cohort of Sydney's Dentistry enthusiasts came together in their first outing since the pandemic lockdown. Year groups faced off head-to-head with the older, wiser and weathered DMD3s, DMD4s and BOH3s (otherwise known as the Nearly-Deads) taking on the young, sprightly and virtuous first- and second-year cohorts (so-called the Newlyweds). The tournament consisted of three stages; the first bring a 70-minute soccer match. At half-time the Newlyweds, shoulders held high, were up 2-1. It didn't take much to kick the Nearly Deads into gear as they came out ablaze in the second half, overcoming the vitality of the Newlyweds with a 4-2 victory. Next, as the midday sun shone high in the sky, sweaty contenders battled off in an 8-a-side tough rugby battle some nail-biting action as Newlyweds' captain, Jim Nguyen, made an early intercept, running the entire length of the field on a freshly formed knee, only to be capitulated to the ground in a Superman display of athleticism by DMD3s Hans Lee. Despite the incredible efforts made by the Newlyweds, the Nearly Deads were hungry for glory and, thanks to their tremendous teamwork, were able to come out triumphant once more in a 9-6 defeat over the fresh-faced younglings. The third and final event was a fight to the death in an un-arbitrated, anything-goes game of ultimate frisbee. The Newlyweds were strong, but the wind was stronger, and the Nearly Deads – the strongest. The final event featured a concluding score of 9-1 with the Nearly Deads out on top – once again proving that four years of study may leave you broken and weathered, but if you can pass two years of ILS, you can achieve just about anything.

It was an absolutely fantastic day, with an outstanding turnout and everyone having buckets of fun.

Big shout out to the Most Spirited Players from each team (Celeste, Manraj, Annie and Henry). Another thanks goes to Ethan Weirds and Milan Varma from DMD2, and Mike Pham from DMD3. Thanks to everyone for coming out!



RURAL EXPERIENCE BROKEN HILL

KRYSTAL HAKKAART | DMD4

When people hear that you're headed to Broken Hill for rural placement, you usually get one of two responses: "That's really in the middle of nowhere – make sure you bring something to entertain yourself", or "I loved my time in Broken Hill you will have such a great experience!" ... and really, neither are wrong.

Our rural experience started with a very small flight to Cobar (and by small, I mean the 4 of us made up two thirds of the passengers) followed by a very long, very straight 5-hour drive to Broken Hill. The excitement of starting our placement slowly faded as we drove for what seemed like forever into the sunset, but it gave us a chance to really look around and appreciate the vast red flat emptiness that is the wilderness out there. And what a stunning sight the sunrises and sunsets would be!

The Community Health Clinic on Crystal Street that houses the dental clinic is a brand-new building with beautiful operating spaces. Forget handwritten notes and waiting for PSP plates to scan – clinical notes and consent are all on Titanium, along with digital x-ray plates and no amalgam. The clinic is run as a "pain/acute care clinic", so every appointment starts with "What can I do for you today? Where is the pain?". The three main procedures are extractions, restorations, and the occasional extirpation. The waitlist to complete a RCT or have a denture made can extend up to 2 years, so trying to provide these patients with a long-term solution is at the front of your mind.





Rural experience is fantastic as you are given a lot more trust and freedom in your clinical judgement which gives a taste of what it feels like to be a real clinician. After 4 years of hospital work, it definitely restores your love for dentistry (especially near the end of DMD4). You wake up, go to clinic, do your work, and go home – the stress is off, and you can relax.



Broken Hill is a generally sleepy town but if you look close enough, there are heaps of things to do. From lookouts, to mine tours, to camel riding, art museums, pubs/hotels, camping, and the best scones you've ever had, we were never sitting down for very long. Even with COVID restrictions not allowing us a weekend in Mildura or Adelaide, there was enough for anyone to do (or not do) for 4 weeks. It really is a town in the middle of nowhere, but we loved every second.





INTERVIEW

DR FABIAN OBREGON-MIANO

GRAEME PEARSON | DMD3

Dr Fabian Obregon-Miano is a lecturer and researcher in the discipline of Periodontics at the University of Sydney.

Where are you from, where did you study dentistry, and what brought you to Sydney?

I was born in South America, Chile. Most of my professional career has been out there. School started in 2000 and finished in 2007. Afterwards, I started implantology and after finishing I went into periodontics. While finishing my masters, I wanted to come to AUS to start a PhD in bio engineering, later switching to research in periodontics, and finishing that in 2018.

What are you doing now? Right now, I'm focusing on research on topics such as tissue engineering, particle bone regeneration, biomaterials for ridge preservation, orthodontics, and botulinum toxin. Aside from these lecturing in DMD2 and 3 and working in clinics at SDH.

Why did you choose periodontics? I didn't choose periodontics, periodontics chose me. I love keeping everything under control. As an undergraduate student, I was scared of having patients lose teeth. I wanted to know how to replace them if something went wrong, so I went for implantology. I wanted to know how to replace them if I made a clinical error and have the tools to replace them. I then chose periodontics because I was interested in learning about biological topics, seeing interactions between host and bacteria in oral cavity.

What's your favourite part about teaching students? I like to always be updated regarding EVERYTHING. Students are inquisitive so I try to know everything about everything so I can teach them. I also really like the interactions – it's exciting to teach someone who is excited to learn.

Do you prefer the Sydney Dental Hospital (SDH) or Westmead? Everyone I know is at SDH. It's easier to communicate and easier to move around. The vibe at SDH is great. Periodontics is more prevalent at SDH so it's easier to consolidate knowledge with colleagues.

If you were on an isolated island treating patients and could only have 1 instrument, what would it be? It would have to be a periodontal probe... Can't go anywhere without a perio probe! You can use it as a ruler to measure too. Spoken like a true periodontist!

What interests you in research and what goals do you have for your own research? I don't have any goals in particular – it's just for fun! I'm always interested in knowing something new and breaking that bubble. My interests are in bone regeneration, which I think is spectacularly complicated and fascinating. So far, they are so many teams



trying to replace bone tissue, and at some point, someone will have a breakthrough trying to unlock the secrets in bone. I'm hoping to make something that is useful, will work in the long term, and reduce costs and can be improved. My personal goal is wanting to have fun and go for something that no one else knows.

What are you looking forward to as we are stepping towards the end of the year? For the next months, we are focusing on our research project because we are behind schedule due to COVID19. We have ethics approved so we are ready for the testing phase. I really like my clinical work so I will be

working as well in completing my patient work. The lectures produced this year are online so my focus will be divided between my research and clinical duties. Next year I will hope to recruit more researchers. I also hope to make some extension programs for the DMD students who are interested in learning about topics that isn't provided by the regular curriculum. Learning more about sutures, guided tissue regeneration, grafting techniques, or using Emdogain. We can do this in small groups and I'm always happy to teach students who are interested in learning that little extra. The DMD curriculum is tight with time so it's tough to make extracurricular things.

BOURKE RURAL EXPERIENCE

AIDA MOSHTAQ | BOH3

What did you think it would be like going on rural placement? This was the first time either of us have travelled to such a rural setting, so we didn't know what to expect. However, by reading online articles and hearing first-hand experiences of Bourke from others, we were anxious to visit the town.

Why did you choose Bourke as your preferred location for rural? Out of all the locations provided, Bourke was one of the furthest from Sydney. This attracted us to the town, as the physical isolation as well as the limited access to dental care meant our placement would provide the otherwise isolated community with the rare opportunity to receive oral health education and awareness.

Tell us about your most memorable experiences. The community and people involved in our placement were probably the highlight of our trip, from other students to staff, who welcomed us into the town to make us feel at home which was so positive and heart-warming. The community we reached out to during our time at Bourke were generally very supportive and open to collaboration which was encouraging. We were easily able to organise meetings with various members of the community who assisted us in conducting a thorough needs analysis of the town and we were able to gather their input as to how our placement here would best benefit the community.

Rural placement is an exceptional experience for students that have never had the opportunity to interact and explore the wonderful opportunities outside of Sydney. One of these locations is Bourke, where two oral health students, Amreen Khan and Ricky Zhang, got the chance to meet the wonderful community and collaborate to create an oral health promotion program. Unfortunately, due to the rise of the pandemic most students were unable to physically attend rural placement. So here we share Ricky and Amreen's fond experiences during the two-week placement, here's what they had to say:



What was your experience with the Royal Flying Doctors (RFDS) Service? Tagging along with the Dental team and learning what they do in rural areas was another insight that really stood out to us. The Oral Health Therapist from the RFDS is in town 4 days a week but unfortunately people are unaware of how and who can access this service.

What is a funny memory you have from rural? We will never forget the mild fly infestation that Rural NSW has at the moment in which Ricky had the pleasure to experience swallowing a couple of those flies. We also had lots of fun participating in community events such as the community BBQ, line dancing at the local restaurant and setting up a stall at the school fete.

Why do you think oral health promotion is important in rural and regional areas? Oral health does not seem to be a people's view of general health which leads to heavy neglect sometimes especially in rural/regional areas where there is a lack of

understanding simply due to lack of oral health education. This sees the need for evermore changes of current stigmas, views and education to communities of rural/regional areas. It is also important that we collaborate with the RFDS to increase access and increase prioritisation of oral health.

Would you recommend attending a Rural placement to other students? Absolutely, the opportunities and experiences that present themselves are second to none especially for someone that has never been to rural. The placement presented insights that positively changed our insights of working rurally. You also become aware of difficulties experienced in accessing proper health care by listening to residents of the community speaking of their personal experiences. This signified the need for further student placements in Bourke to further the aim of expanding oral health awareness and education as well as prospects of future fulltime employment in the town



SUDA ONLINE SERIES

ANNIE JOHNSON | DMD3

SUDA online series, in what may have been the strangest year to date of our entire lives, were pushed online. What was set to be a year of academic events, balls, sporting events (RIP RBC) and partying for the dentistry faculty, was unfortunately not to be. In lieu of what could have been, SUDA readjusted and moved everything online.

Kicking off in the second week of May and running until the mid-year break, SUDA members were invited to join in on academic seminars, social events, practical lessons and some high energy zoom workouts. We were lucky enough to have talks from Chatswood Orthodontics, ADA NSW, and senior students to give some tips and tricks of the trade as well as exam secrets.

On the social front, we had students from across BOH and DMD testing our minds in trivia, teaching us to draw with a glass of wine in hand and how to cook a full 3 course meal. We followed all of this up with some guests teaching us yoga, pilates and a cameo from Loose Tooth Run Club to help us burn off those extra Covid kilos and keep us limber enough to get back into clinics.

We would like to extend a massive thank you not only to all our great speakers and demonstrators, but every student who tuned in and joined us this year. While it may have been a bit different to our usual, this year was still a great one for all of us involved and we have your enthusiasm to thank for that.

From May till September of this year, SUDA hosted its inaugural Sydney School of Dentistry Student and Alumni Instagram Takeover Series. Featuring a whopping twenty-five guests, the @usyddent Instagram was taken over by current dental and oral health students, recent graduates and seasoned alumni. The takeover series showcased a day in the life of a student / practicing clinician as they navigated through university studies, work and life during the COVID-19 pandemic.

With the start of the series neatly coinciding with the first few weeks of quarantine in NSW, the takeovers were a wonderful respite from hours of Zoom lectures and complemented the break from clinical activities. Through actively engaging with takeovers and asking guests questions, students were offered unparalleled insight into the lives and clinical work of seasoned clinicians working across private, public and rural settings.

Clinicians used the platform to share clinical tips and tricks, career advice and both their academic and professional journeys with Sydney students. Student takeovers highlighted the diverse experiences available to BOH and DMD students and shared their year-specific study advice, clinical experiences and lives outside of dental school.

I would like to extend an enormous thank you to all students and alumni who took part in the takeover series and all of the viewers who consistently engaged with initiative and made it the success that it was!

If you are interested in seeing how the takeovers went or are interested in revisiting some tidbits from the series - all of the takeovers have been saved as highlights on the @usyddent Instagram page.

INSTAGRAM TAKEOVERS

ZOHAIR KAZMI | BOH3

ELECTION RESULTS

2021 SUDA COMMITTEE

YASMIN SAMIEE | DMD4

Thank you all for voting in the elections for the 2021 SUDA Committee! The votes have all been validated and finalised, and SUDA is excited to announce the incoming team for 2021. Please find names of the new committee members below.

Congratulations to the incoming committee and thank you to all nominees.

The following positions remain unfilled and will be re-opened for self-nominations once more next year, when incoming DMD1 Representatives are being elected in 2021:

DMD4 eLearning Representative

DMD4 Articular Editor

DMD3 Social Representative

DMD3 Sports Representative

Web and Communications Officer

We are beyond excited to see where the incoming team takes student leadership in 2021.



SYDNEY UNIVERSITY
DENTAL ASSOCIATION

2021 SUDA COMMITTEE

EXECUTIVE COMMITTEE

PRESIDENT | Annie Johnson

SECRETARY | Keerat Judge

TREASURER | Parshad Sankey

VICE PRESIDENT (DMD) | Thiruni Ankusha Fernando

VICE PRESIDENT (BOH) | Heather Everett

VICE PRESIDENT (EVENTS) | Jim Nguyen

VICE SECRETARY | Emily Miranda Blackburn

VICE TREASURER | Vivienne Tye

NON-VOTING MEMBERS

INTERNATIONAL REPRESENTATIVES | Iyat Khalid, Tabby Shirbani

RURAL REPRESENTATIVE | Sanjida Uddin

ADSA REPRESENTATIVE (BOH) | Sarah Deeb

ADSA REPRESENTATIVE (DMD) | Sarah Bresnehan

ARTICULATOR EDITOR | Unfilled

WEB & COMMUNICATIONS OFFICER | Unfilled

CHARITIES REPRESENTATIVE | Tony Lahoud

SOCIAL MEDIA OFFICER | Angela Cornelius

GENERAL COMMITTEE

Year Representatives

DMD4 | Rohan Bansal, Douglas Truong

DMD3 | Jade Haxton, Kevin Zhang

DMD2 | Rachael Victoria Brown, Michael Teague

DMD1 | To be selected in 2021

Social Representatives

DMD4 | Laura Hunter, Rhea Menon

DMD3 | Derek Weidi Liu, Position #2 unfilled

DMD2 | Katarina Lulic, Simranjeet Chhabra

DMD1 | To be selected in 2021

e-Learning Representatives

DMD4 | Unfilled

DMD3 | Fatima Mohammadi

DMD2 | Taylor Wood

DMD1 | To be selected in 2021

Sports Representatives

DMD4 | Henry Gong

DMD3 | Unfilled

DMD2 | Celeste Milad

DMD1 | To be selected in 2021

BOH Student Representatives

BOH3 | Muhammad Firdaus Bin Rosli, Jemma Smith

BOH2 | Said El-Sayed, Olivia Nguyen

BOH1 | To be selected in 2021

SUDA UPDATES

GRAEME PEASRON | DMD3

SUDA is happy to have provided students with content and resources through its various avenues throughout the semester to keep students engaged and stimulated. We will be using this momentum to make 2021 an even better year.

Congratulations to DMD3's Daniel Patterson and Tina Yun on their winning designs for the 2020 T-shirt design competition! We had a record number of submissions and we wanted to thank all the artists who submitted a design – we were inspired by your creativity!

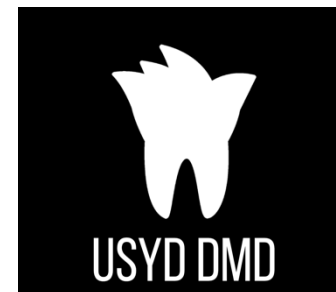


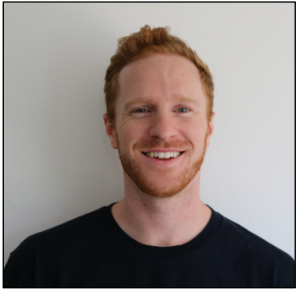
SUDA participated in the Remember September charity event this year. This event helped fundraise money for the Avner Pancreatic Cancer Foundation by students giving up sugar, or an alternative like alcohol or caffeine, for one month. We raised \$995 from the 11 students that participated in the event. Well done to the charity rep, Kanisha Mehta, on organising this event!

SUDA posted a Black Lives Matter (BLM) Statement supporting the solidarity of all those affected by systemic and institutional racism. We are working with The University of Sydney and Sydney Dental School to pilot workshops with students and staff, with plans to invite the Doctor of Dental Medicine (DMD) and Bachelor of Oral Health (BOH) cohorts to take part as well.

SUDA has applied to become a society within the University of Sydney Union (USU). This means more societal support, increased funding and increased access to more venues on campus.

The “Tooth Bud” program was revitalised this semester! The program was extended to students from the BOH program and resulted in positive feedback from all groups. The new student leadership program will help students develop skills outside clinical dentistry. Great job Vice-President, Annie Johnson, for the incredible initiative!





Graeme Pearson
Editor-In-Chief



Yasmin Samiee
Editor | Writer



Usaamah Patel
Writer



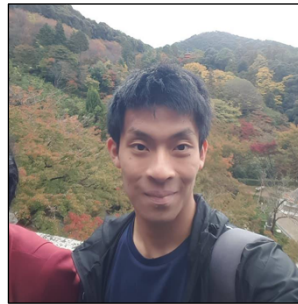
Harshita Srivastava
Writer | Editor



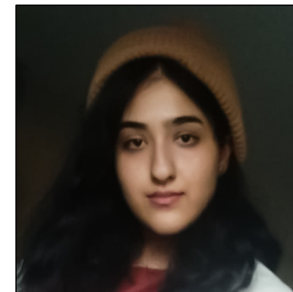
Angela Cornelius
Designer



Anthony Yammine
Writer



Kevin Zhang
Writer



Aida Moshtaq
Writer | Editor



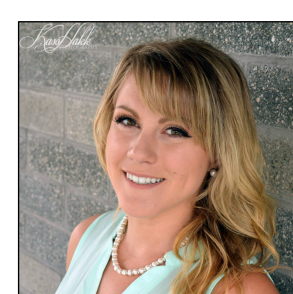
Navidh Ekanayake
Writer



Zohair Kazmi
Writer



Annie Johnson
Writer



Krystal Haakkart
Writer

MEET THE FACEBOW TEAM