

The Pre-Dent Press



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Letter from the Editors

Dear Readers,
We are excited to end our fall semester on a high note with our second installment of the PDP. Take a look inside our newsletter to see the many activities our club has been up to. On behalf of Cal Pre-Dental Society, we hope you have a happy holidays!

Sincerely,
Emily and Valerie



Fall 2016 Members' Banquet.....see more on pg. 11

Pre-health Organizations Get Together for *Interhealth Social*

By Julia Persky and Emily Wong

The pre-health path can be rigorous and lonely without the right support around you. So on Friday, November 11, many of the pre-health clubs on campus organized an inter-health social to bond with one another. The clubs that were present included Foresight (pre-optometry), PILLS (pre-pharmacy), Pre-Vet Club, and Pre-Dental Society.

The idea for the event came from Bonnie Ho, the vice president of Foresight, and a representative from each club gathered to help plan for the event. Because there are so many pre-health students at Berkeley, it is hard to get to know one another despite seeing each other's familiar faces in class. The inter-health social was intended to fix that and bring each other closer. Brian Kim, PDS's Vice President, represented our club to help organize the social.

"It was a great opportunity to network and bond with other members of the Cal pre-health community," Kim said.

Approximately 50 people attended the event, many of whom were from PDS. At the event, the participants were split into different groups and played ice breakers and various board games to get to know each other better.

"I loved the experience. It was a great chance to get to socialize with other health clubs on campus that I hadn't seen before. Everyone was kind and encouraging especially when it came to talking about our goals and how we plan to accomplish them," PDS members Precious Nwaba said.

Thanks to the help of all the club representatives, the inter-health social was a success and the clubs hope to plan another event next semester!





Digging it at Spiral Gardens!

By Justin del Rosario

PDS kicked off the autumn season on November 6 by volunteering at Spiral Gardens, a community food security that aims at improving community health and sustainability by providing access to nutritious and affordable produce. A group of PDS students helped maintain the livelihood of Spiral Gardens by pulling out weeds from their grape garden. Furthermore, PDS also had the opportunity to feed the chickens and ducks with the weeds since they are compostable food material. Although ants, pollen, and dirt made things difficult, the PDS team pushed through and got the job done. Volunteering together bridged a sense of community within the PDS team as new and old members got to know each other and share their experiences and aspirations.

PDS has been actively volunteering at Spiral Gardens in the past and continues to be a lifelong support system for them. As Yerie Nam, Community Service Coordinator, claimed, "We volunteered at Spiral Gardens last year where we mulched and weeded the entire back garden. When we came back this year, I noticed that the area was put into use because there were a lot of plants all of a sudden!" Yerie felt amazed that all of their efforts in the past resulted into a blossoming garden today, and she intends to plan trips to Spiral Gardens more often. As a result, Spiral Gardens will soon be a green wonderland thanks to the involvement of PDS.

MEET THE BOARD: President

Emilie Hsu, C/O 2016



Meet Emilie Hsu, PDS's 2016-2017 President! She is currently a 4th year majoring in Integrative Biology. She has been active in PDS since freshman year and it has provided her with a strong foundation to be successful in her pre dental path. Through being involved in PDS, she has been able to form unbreakable bonds with her pre dental peers; bonds that she is beyond grateful for and knows will last well past her undergraduate career.

As president of PDS, she hopes to bridge the gap between officers and members to create a strong community within the club. Her favorite part of being a leader within PDS is acting as a mentor to the members and being at the forefront of developing innovative ways in helping the members become established professionals within the pre-dental community.

Emilie was born and raised in the very sunny Southern California and naturally gravitates toward sunny weather and activities. In the summer, you will find her on a tropical island, snorkeling and cliff diving from the highest peak she can find. She also enjoys relaxing with a nice cup of tea, a palette of watercolors, and painting landscapes.

PDS FIELD TRIP: Dr. Song's Orthodontic Clinic

By Albert Samson

On the morning of November 17, I and many PDS members visited Dr. Immi Song's Orthodontic Clinic in Albany. Dr. Song, an alumni of UC Berkeley, set aside an hour in her schedule to give us a tour of her orthodontic clinic.

The tour began with introductions between us and her staff. We were then shown the different areas of her clinic including the waiting area, the patient area, and the supply and lab areas. After this, we had a Q&A discussion with Dr. Song.

The most notable topics we discussed included: how dentistry stands out from other health professions, changes in dentistry and consequently, our expected approach to dentistry. Dr. Song told us that she wanted to be a dentist from a young age, and that through her many years of experience, she has definitely enjoyed the relationships she has built with all of her patients and their families. These doctor-patient relationships that she has gradually developed are very special and unique to dentistry. Dr. Song also told us that everything will always be changing in dentistry, especially technology. Technology will always take unexpected strides in improving the efficiency of various aspects of orthodontistry and dentistry. Examples of this technology include 3D printers and scanners. In addition to the advances in technology, Dr. Song told us that it is imperative to always keep learning, especially after the undergraduate and dental school years. Since dentistry is a constantly changing field, it is important to keep up to date with everything.

When asked to give advice to current UC Berkeley pre-dental students, Dr. Song replied: "You're already doing great, and never give up." Especially at a university like Berkeley, it's hard for students to acknowledge how much work they have put into bettering themselves as students and as professionals.

Overall, Dr. Song's orthodontic clinic tour was an enlightening, and inspirational experience for us aspiring dentists. Thank you to the Cal PDS External Affairs Officers for coordinating this great event!



PHOTOS CREDIT: isongorthodontics.com

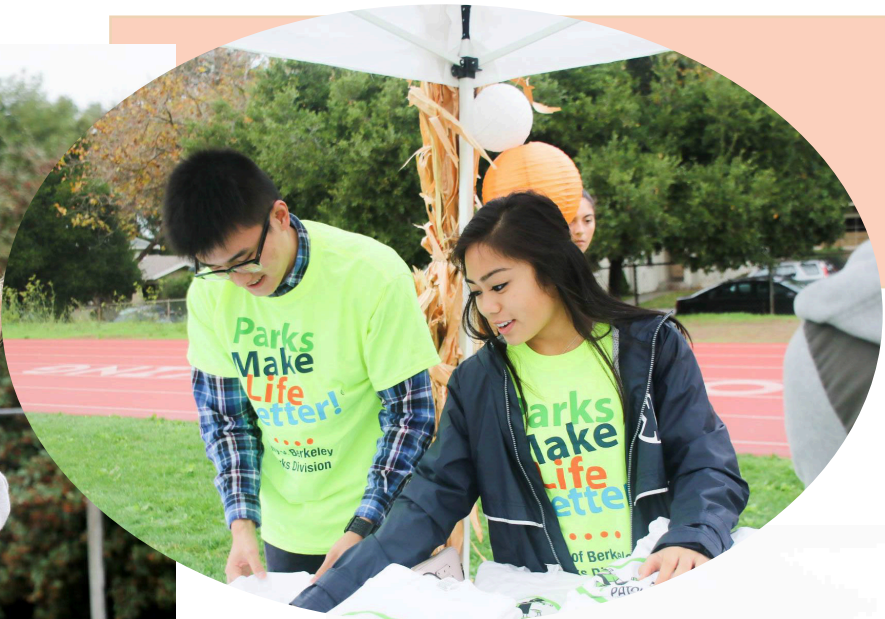
PDS SERVES THE COMMUNITY: HIGHLIGHTS

By Emily Wong

BERKELEY PROJECT



Pumpkin Patch *DASH*



A PRE-DENTAL'S CHRISTMAS WISHLIST

By Julia Persky

What does a Pre-Dental Berkeley Bear want for the holidays you may ask? I'm Julia Persky, one of the Fall 2016 Publicity Committee members, and would like to share my pre-dental wishlist for Christmas. 'Tis the season to have good oral hygiene!

What's on my list this year?

Philips Sonicare Diamond Clean toothbrush: No more manual brushing for me, the Philips toothbrush has five cleaning modes with interval timing so that I won't miss a tooth. It also comes with a portable travel case that charges the brush. Therefore, I won't forget to brush when I'm abroad!

Floss: I prefer waxy floss that will efficiently clean between my slightly crowded teeth!

Toothpaste: My favorite toothpaste is Crest Pro-Health because it efficiently fights plaque and whitens teeth!

DAT Destroyer: It is never too early to start studying for the DAT exam for Dental School!

School supplies: With the new semester starting soon, I will definitely need to restock on notebooks and pens for my classes!

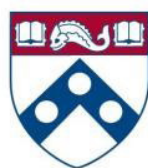
Molecular Model Kit: A model kit will definitely be useful for the my dreadful Organic Chemistry class next semester!

Money: I would greatly appreciate cash since dental school tuition is very expensive!



DENTAL SCHOOL SPOTLIGHT:

By Shruti Ravindramurphy



Penn
Dental Medicine

LOGO CREDIT: <http://dental-schools.startclass.com/1/49/University-of-Pennsylvania-School-of-Dental-Medicine>

Location: Philadelphia, Pennsylvania

School Type: Private

Average GPA Admitted: 3.62

Average DAT Score: 21

Amount of Students Admitted per Year: 120

Number of Applicants for 2015 cycle: 2300

Length of Program: 48 months

Specializations Offered: Cell Biology, Endodontics, Oral and Maxillofacial Pathology, Oral and Maxillofacial Surgery, Oral Biology, Oral Medicine, Orthodontics, Pediatric Dentistry, Periodontics

Baking Cookies for Firefighters

By Shruti Ravindramurphy



On November 5th, a group of Cal PDS members got together to bake cookies and to write a wonderful thank you letter to the fire department for their service. The PDS team baked fresh homemade cookies and packaged them into specially decorated bags. Afterwards, they all took a trip down to Fire Station 2 on Martin Luther King Jr. Avenue to deliver

the cookies! Although most of the firefighters were busy helping the community, PDS members left the cookies with one firefighter who was nice enough to give them a tour of the entire fire station. Cal PDS members appreciated baking cookies for these firefighters because they wanted to make the firefighters feel appreciated. Precious Nwaba, a member of



Cal PDS, said, "the event was beneficial to members of PDS because we were able to give back to our firefighters, get a close up view of the fire trucks, and put a warm beautiful smile on someone's face!" She also said that it was very fun to bake the cookies and to connect with other PDS members. Overall, this event showed the firefighters how much the community appreciates what they do!

Dental Fear May Be Genetic By Albert Samson

Article credit: <http://www.dentistrytoday.com/news/todays-dental-news/item/1337-dental-fear-may-have-genetic-roots>

We all know friends and family who are scared of visiting their own dentists. Recent studies from West Virginia University and University of Pittsburgh have suggested that this fear of dentists may be attributed to genetics.

In this study, researchers surveyed about 1000 subjects ranging from age 11 to 74 in a family-based cohort study, measuring their dental fear and fear of pain. Their results showed that dental fear had 30% heritability and fear of pain had 34% heritability. They also found a correlation between dental fear and fear of pain, suggesting the two are genetically related.

Comments on this study included discussion of fear and the rationale behind this investigation.

Fear obstructs dental treatment because some patients reinforce their fear through avoiding dental treatment until it is absolutely necessary. When treatment is absolutely necessary, it is usually long and tedious when dentists attend to their patients. Patients then can perceive this as a negative experience, thus reinforcing their fear of dentists.

This study was conducted with a goal to understand the concept of dental fear through biological and environmental means. This study was also conducted in order to get a better grasp on the concept of fear so that methods to reduce fear and anxiety can be further developed.

Although there is no concrete answer as to the genetic mechanism underlying dental fear, there is no doubt that learned behavior plays a role in dental fear. Learned behavior is where people acquire knowledge through observing others or from encountering their own experiences. For example, a child may acquire dental fear through watching their parents respond to dental treatment.

Even though there is no explicit way to treat this dental fear, it does prompt more exploration of the concept of genetics in dental fear. It also prompts dentists to attend to each of their patients as thoroughly as possible by attending to each patient in a unique matter.

Strong Teeth Builds Strong Children

By Justin del Rosario

On November 15, the PDS DEOP team taught kindergarten students the importance of healthy dental hygiene and health through interactive activities. DEOP performed a skit with puppets to teach the children about the consequence of getting cavities from eating junk food. Additionally, DEOP performed a presentation called "My Plate" which showed the children what kinds of foods they should eat and avoid in order to maintain healthy and strong teeth. The children had the opportunity to take part in a hands-on toothbrushing activity with teeth models. DEOP coordinator Brian Kim let his interns Joanna Chua and Lisa Kim run the show for this event. "This event would not have turned out successful without their hard efforts!" Kim said. Overall, DEOP felt proud that the children, who gained a better understanding about the importance of proper dental care, were excited and engaged throughout the entire presentation. Although this was DEOP's last event of the semester, they hope that they will have another opportunity to present new dental information to these children and other schools.



FALL 2016 BANQUET

By Emily Wong

We ended off the semester with our fall banquet! Surrounded by good food and good company, active members were recognized for their contribution to the club. It was the perfect ending to a solid semester!





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The Pre-Dent Press



Designed by Valerie Lua and Emily Wong

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Visit us at pds.berkeley.edu to see more PDPs and learn about our club!