



## Your Probe Representatives:

D1: Pokam Takougang  
I was born and raised in Chicago, Illinois the oldest of four children. My family and I moved to Cincinnati, Ohio, where I attended high school and is essentially where my younger brother and sisters grew up. My brother and sister are in law school at UVA and UC respectively and the youngest is a freshman in high school. In my spare time (which comes and goes) I enjoy cooking and shopping.



D2: Brittany Spanjer  
I am 23 years old and was born and raised in Chicago (GO CUBS!). I graduated with a chemistry degree at the University of Iowa and am excited to continue my education as a Hawkeye.

When not studying, I like to go running or watch anything that fits within my DVR memory. When I get the chance, I enjoy snow skiing, water skiing, and biking.



D3: Karma Weeden  
I was born in St. Francis, KS, where I lived on a farm about 1 mile from the Colorado border. I grew up in Estherville,

Iowa. My older brother and sister-in-law are both optometrists in the Kansas City area. I graduated from Kansas State University in May 2008 with a degree in Biology and an emphasis in gerontology. In my free time, I enjoy biking, cooking,

## Stress and Dentistry: Don't We Know It

In 2004, Robert E. Rada, D.D.S., M.B.A. and Charmaine Johnson-Leong, B.D.S., M.B.A. published in the Journal of the American Dental Association: "Dentists encounter numerous sources of professional stress, beginning in dental school." A seemingly obvious statement; and to keep the encouraging news rolling: "Dentists are prone to professional burnout, anxiety disorders, and clinical depression."<sup>4</sup> So why do we do it? Why do we, students of the College of Dentistry, choose to enter this career path? We all have our reasons: to help people, to be a leader in the community, to have Mondays off. But bottom line, it is stressful.

As students we must juggle an eight to five o'clock day of lectures, labs, and clinical work along with prepping for future patients and exams once we return home. And as we graduate and become working professionals new, more taxing situations will arise. We (or at least I) will have the shocking news that school loans were not a generous gift from the bank. Patients, and their expectations, will solely be our responsibility. We will experience different professional atmospheres trying to find our role in a new or already established practice or clinic. Overall, when we step out of the safe haven which is our school, there are far more challenges out there. And though our career leads to exciting opportunities, it can be stressful times. A study of more than 3,500 dentists found that 38% of those surveyed were frequently or always anxious or nervous and 34% of the respondents said they frequently or always felt emotionally and physically exhausted.<sup>2</sup>

These statistics are harsh and daunting. Which is why it is vital to find outlets to relieve stress, especially at the beginning of our careers as dentistry students. Stress management is an essential tool in order to lead a happy life.

There are many ways to mitigate stress or anxiety. And not all methods include meditating to Enya and lighting incense. It can be as simple as finding a hobby outside of the dentistry field. Taking examples from my own dentistry class, students take dance classes, bake and cook for friends, read, or join intramural sports teams. Physical exercise should not be underestimated to relieve stress. It helps develop greater self-control, self-discipline, and self-esteem.<sup>4</sup> People's temperaments and personalities also have a significant impact on their perceptions of stress.<sup>3</sup> People that are self-reliant, decisive, inquisitive, and have well developed problem-solving skills are observed to manage anxiety well. Students who maintain positive self-images and self-worth are also able to reduce emotional and mental pressures and are able to find relaxation during taxing times. Supplementing stress management, these appealing attributes make it possible for a student to reassess "one's attitudes and expectations in the light of whether they in the light of whether they are realistic, achievable or rational."<sup>4</sup>

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are realistic, achievable or rational."<sup>4</sup>

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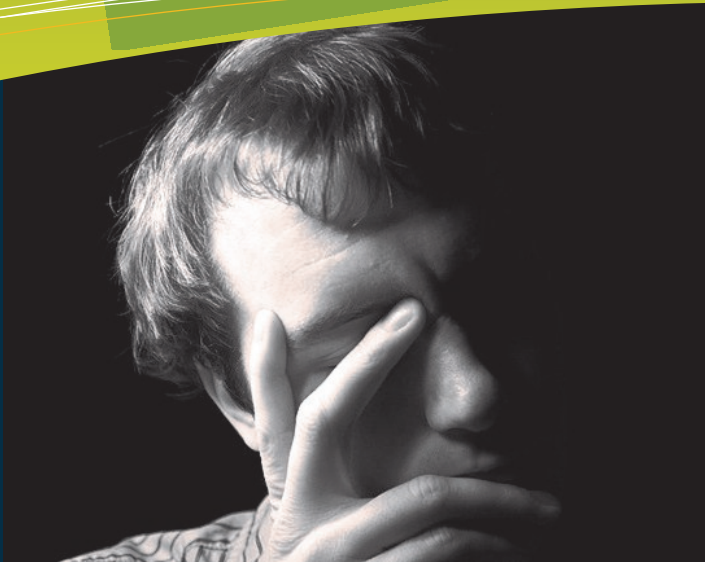
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## Probe Editor

D4 Kirstina Gratz

I am a happy and kind person with energy to spare. The modern "renaissance woman," according to my husband. I enjoy running, cooking, singing, dentistry, writing, swimming, sewing and much more. I will be found next year in Bloomfield, Iowa, where I will be starting a general dentistry practice.

## Notes from the Editor:

I find that each year of dental school I forget how taxing the previous year was as I get closer to my escape. And now that the final leap to 'freedom' is here, I am feeling slightly nostalgic and whimsical. While there are many ways in which our educational process could be improved, and we find ample ways to complain about inane tasks and boring duties, I also find gratitude in the great benefits we have as students at the University of Iowa College of Dentistry. As I've talked with other dental students from around the nation at research conferences (yet another great opportunity afforded me by this institution), I am shocked that many of them will graduate with only half the patient experiences I will; or that they are forced to do their own sterilization; or they must cast all their own crowns. I am grateful for the many experiences I have been granted as an extension of this institution. The stress and rigor in which we are trained allow us to not only become good, but great, dentists.

So as we endure the difficulties of becoming future alumni of the University of Iowa College of Dentistry, let us break the bonds of stress that we place on ourselves and indulge in a little and well deserved break from the 'eat, sleep, dentistry' lifestyle we have become accustomed to. Thank you to all the contributors to the Probe, especially guest contributor Treagan White, who always reminds me that there is more to life being 'just' a dental student.

## Slip Sliding Away: a Winter Break to Remember

This winter break twelve first year dental students decided to do it big by going on a ski trip to Breckenridge, Colorado. They stayed at a ski resort that was a 14 hour drive from Iowa City. They all chipped in to rent a swanky and chic log cabin with great amenities, including a hot tub and incredible views. They drove through the night arriving early the next day. Anxious to hit the slopes, do some shopping and visit other venues as soon as possible.

As quoted from a fellow classmate who went on the trip, "We spent a couple days there skiing over Christmas break and had a really great time. Some of us were first-timers and may have fallen a few times, and others had been out there many times before. But we all managed to have fun, take in the beautiful weather, enjoy our time away from class, and most importantly, we all stayed safe and returned in one piece!" After they reached their destination and were well rested and had stocked the refrigerator with some much needed refreshments and food, they were off skiing the day away. Some pictures are included to show just how much fun they had! Sadly, the trip had to end and these D1 students left their sanctuary and relaxation to return to Iowa City and their respective hometowns and finish out their Christmas Break.

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Forecast: Advice can sometimes be a good thing.

We've asked our representatives from each class to come up with some good advice for the year behind them. What do they wish they would have known to make their summer courses go smoother.

D1 Summer:

- Clean plaster off your articulator with soap water and paper towels under running water. It's fast and doesn't damage the coating.
- D1 summer has a lighter load of classes so enjoy it while you can!! I always had a frisbee in my bag so when we had a break between classes we went outside to enjoy the weather!

D2 Summer:

- I don't remember much about the summer session, except for one phrase that was often heard, even while I slept: "Gotta read your manual!"

D3 Summer:

- You're at the end of your third year-feel confident that what you've learned during this year has you prepared for Family Dentistry.
- P.S. Take your boards part 2 early next year-it helps with both your worries later in the year and

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Spring = Renewal

RENEWAL. Rebirth, resurrection, regeneration, recharge, refresh, revival. The idea alone fills my mind with visions of butterflies and songbirds fluttering about in a springtime mountain meadow as the sun shines its resurrecting ultraviolet beauty upon wild flowers and uncut green grass. But after a moment of consideration and introspection, I realize that RENEWAL isn't such a simple topic to address. Anyone who has read the Bible knows that Nicodemus couldn't quite grasp the concept, though he was considered wise. Though I openly consider myself to be a nerdy intellectual (like most individuals in our field) I don't quite consider myself yet to be wise. However, I enjoy solving problems; it's a gift of mine. For example, what exactly is gutta percha? "Gutta" sounds very much like the English word "guts" or the innards or inner-workings of a larger whole. "Percha" sounds very much like "perch", and what kind of animal perches? A bird. And what does a bird perch on? A tree. Therefore, gutta percha comes from the insides of a tree. Problem solved. But I digress; let us turn our attention back to RENEWAL. We must first divide the word into its constituent root words: RENE and WAL. As we all know "Rene" is a common woman's name in North America. But what many of you don't know is it's also a

very common masculine name in European countries like France. "Wal" is a little less clear, but it is obviously short for "Walter", another common masculine name, or short for "Wall" which is a strong supporting structure for a roof or ceiling. It might be short for "Wallachia" (pronounced wo-ley-kee-uh) which we all know is a former principality of southeastern Europe which united with Moldavia to form Romania in 1861. Or perhaps it is short for "Walloon" which is a person inhabiting chiefly the south or southeastern parts of Belgium and adjacent regions of France. And just like that, with minimal exertion, we have come to a conclusion: renewal is nothing more than an ancient, perhaps medieval, greeting. It was to say, "Hello, my name is Rene and I am Walloon." It probably became cooler among teenagers of the time to shorten things a bit by saying "Renewalloon". Soon thereafter, "loon" was dropped and it became "renewal" as we know it today. Upon reuniting after a long trip one would say "renewal" as a greeting, but it has since become a noun and a verb. Today one would say Rene and Walter have had their acquaintance "renewed". The "al" is dropped and replaced with the common past tense suffix "ed". We now hear people speaking of renewing wedding vows, renewing goals, renewing life, and renewing efforts in dental classes etc.

Oh how times change! So why use this platform to speak on renewal? During this past long windy Iowa winter, what could get a person through something like this but snowboarding... or thoughts of fluttering songbirds and shining sun upon our uncovered golden shoulders? Thoughts about renewal of warmth to the Midwest can indeed get us through an icy Iowa winter. And thoughts of beginning a new semester of dental school can help put the bad memories of long nights and longer lectures throughout the previous year far behind us. May I urge each of us to renew our efforts to make dental school a great experience, for it truly can be. Recommit yourselves anew. Get involved in something, exercise, and... remember hobbies? Find a new hobby. We will forever be dentists, scientists, and students. But should we let those titles completely define us? Remember in yourself the athlete, the artist, the poet, the musician. Renew your efforts outside of school and your experience in school will be much more fulfilling, I promise you. Renewalloon and a happy spring to each of you.

-Treagan White

Breaking out of the Routine: Spring is the season

Carefully crafted thoughts by Treagan White, guest contributor, aid us in escaping the stresses of dental school.



JUST Supreme Pizza?

The word "just" has numerous definitions if you look it up in the dictionary (go ahead, look it up). Most of them have positive connotations and make the word "just" a very likeable word. However, one of the definitions has a very downbeat and condescending air about it and it is *this* definition that makes me dislike the word so much: "only or merely". Here, I'll use it in a sentence: "Oh, you are graduating this year? How wonderful! I bet you're SO excited! Are you going to specialize or are you going to *JUST* be a dentist?" The well-meaning individual who asks this seemingly innocuous question obviously hasn't the slightest inkling of what is involved in the job description of a general dentist or they would not have the audacity to essentially ask me, "Are you one of the chosen few who specialize or are you merely part of the dregs of dental society barely worthy of the D-R in front of your name?" I honestly detest and resent this question and empathize with all who have to put up with it. General dentistry is challenging in every possible meaning of the word and just as complicated as any specialty when we consider the spectrum of procedures being done in the average general dentistry clinic on any average day.

Winter Break Trip-Continued

I am sure that this was a great way to end the first semester and begin a new one as first year dental students. I only wish I could have participated in the fun as well.



Specialty in Focus: Is it for you?

It is with this understanding that I wish to briefly address those of you who have considered the possibility of specializing in the future. Keep in mind, these are just my thoughts...the way I see things and my attitude as I contemplated specialty training. There is a tendency early in dental school to think that specializing is either unattainable or a great way to prove that you are of superior intellect compared to those around you. Let me be the first to say that both of these attitudes will not only hinder your chances of being accepted into a specialty program but also your chances of completing dental school successfully. To become a good dentist you must have an air of confidence in your abilities while thinking that you can learn something from any situation...leave complacency to the lawyers and medical doctors (WOAH! Did I just say that? I apologize for my brash way of expressing myself from behind the keyboard). Most of the individuals who tout their objective to specialize early on or who love to insinuate their intentions loudly by saying things like: "these next six years are going to be so difficult" are many times disappointed with how things turn out. You do not have to be anything resembling a super star, rock star, shooting star, or any other sort of star in order to be accepted to a residency or specialty program. BE YOURSELF, but make sure that SELF is a quality SELF. Believe me, these programs are like dogs...they can smell your fear...if you are hiding something they'll sniff it out attack. For the sake of time and space I'll just make a list for you. Important

- as a nice review of things you might not have remembered for the different topics covered.

D4: Graduation

- Go forth and do well.

April Fools Joke:

Family Dentistry Dispensary

Clerks Diane Duwa

and Brian Kinser take a joke

and turn it around.

After turning in this card to the

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☒ CROWNS ☒ MOLARS ☒ BICUS ☒ ANT

☒ PORC SHOFUS ☒ GOLD SHOFUS ☒ FT WAX

☒ VITA SHADE ☒ DENT SH. GUIDE ☒ DENT MOULD

☒ OP ☒ FILTER ☒ FUJI ☒ FLO-IT

☒ BITE BLOCK ☒ SEALANT ☒ KETAC-SILVER

☒ HOT BATH ☒ ICE BATH ☒ WAX POT

☒ PRONG ☒ BRID BEAK ☒ GOLD CALIPER

☒ CAVITRON ☒ PINS ☒ EXAFLEX

☒ FLECK'S ☒ FIT CHECKER ☒ BILLY-X

☒ EXTRUDE/AQUA-SIL BASKET ☒ PRO-TEMP

APRIL FOOLS

Family Dispensary Clerks, Dylan Donnely found all the checked items packed in his unit. Sometimes, April fools jokes go both ways!





Dentistry Around the World: What can't I say about London?

Joe Uker spent 10 weeks in London to practice dentistry as part of his extramural experience during his fourth year.

After a 20-hour trip through planes, trains, and automobiles, as well as my own two feet, I arrived in Whitechapel, a borough of London, and the location of The Royal London Hospital, Bartholomew “Barts” School of Dentistry. I didn’t realize it at the time, but Whitechapel is at the heart of London, in one of the city’s oldest areas. In Whitechapel, it’s rare that a building be taller than 3 stories, many of the streets are still cobblestone, and the architecture is some of the oldest standing. In 1888, Jack the Ripper conducted his murder-spree on the streets of Whitechapel. It’s a 10-minute walk to the Tower of London, a castle whose first structure was built on London’s River Thames in 1078. Over time, London evolved, expanded, and diversified. Today, the Bangladeshi community makes up 52% of the population of Whitechapel and, rain-or-sh... ‘cloudy’ (as a ‘shine’ rarely shone) there exists a street market selling anything from fresh produce and frozen fish to cell phones and traditional Bangladeshi scarves. The first morning I arrived, I was taken aback at the bustling market and the strange realization that /was the “ethnic minority” in this community. Traveling freely throughout London over Christmas Break, I found out that there is much more to London than what was depicted to me through American history or pop culture. Of course there exists Westminster Abbey, Big Ben, and Buckingham Palace, but in between these famous landmarks lies London and its people. For me, the most surprising aspect of my trip was the diversity of the people.

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Times are tough, the economy has not been friendly, and the finances needed to pay for oral health needs have taken a back seat for many people, even those living here in Iowa City. The pain and dental problems however, do not take a back seat. Many people are living with dental pain each day. Even Johnson County, according to a 2005 Iowa Department of Public Health study (<http://www.ime.state.ia.us/docs/DentalHPSAs-11-05.pdf>), was found to be a dental shortage area for people with Medicaid. The need for treatment still exists even to those who cannot afford it, and that is where the Iowa City Free Care Clinic can be a major help. To find out more about this clinic, I asked Dr. Caplan a few questions.

KW: How did the free care clinic get started?

Dr. Caplan: The free dental clinic as established in 1995 under the guidance of a group of local dentists and is a part of the Iowa City Free Medical Clinic.

KW: How is the clinic funded?

Dr. Caplan: Funding for the clinic is obtained through the continuing support of the Johnson County Health Department. Additional funding is received from the Cities of Iowa City and Coralville, fundraisers, grants, as well as patient and private donations.

KW: What are the days and hours of operation for the clinic?

Dr. Caplan: The dental clinic is open from 6:30 to about 9:00 on most Mondays, most Thursdays, and some Wednesdays.

KW: What is the structure of an appointment in the free care clinic?

Dr. Caplan: Patients are appointed starting at 6:15, and there are generally from 2-4 patients seen per night, depending on the dentist. Patients call in for appointments at the beginning of the month, on a first come first served basis. Each patient can only have two visits in a calendar year, since it is not intended as a comprehensive care site.

KW: What kind of care could a D1, D2, D3 or D4 provide?

Dr. Caplan: Only D3 and D4 students should be delivering care there, although D1 and 2 students could observe and potentially even assist. D3 and D4 students can provide any care they have been trained to do at the College of Dentistry – it’s primarily restorations or extractions, or sometimes prophies.

KW: Do students work fairly independently, or do faculty keep tight regulation on treatment needs?

Dr. Caplan: Supervising faculty expect the students to review the health histories, make the appropriate decisions about radio-

graphs to order, develop a plan for the evening, receive a starting check, receive a prep check (if warranted), and a final check. Other than that, I guess different faculty have different amounts of supervision they’re comfortable with, just like the dental school.

KW: What are some of the rewards and benefits of volunteering for the clinic?

Dr. Caplan: Patients are very appreciative of our providing them with care, and it feels good to be able to help out people who need help and have limited options for care elsewhere.

KW: What are some examples of rewarding experiences you or students have experienced by volunteering with the clinic?

Dr. Caplan: Mostly just receiving thanks and appreciation from the patients, that’s always the most rewarding part of it. Students tend to enjoy the experience also, and it’s fun to show them how they might be able to participate in the activities after they graduate.

KW: Is there a need for more volunteers, and how would one go about getting involved with the free clinic?

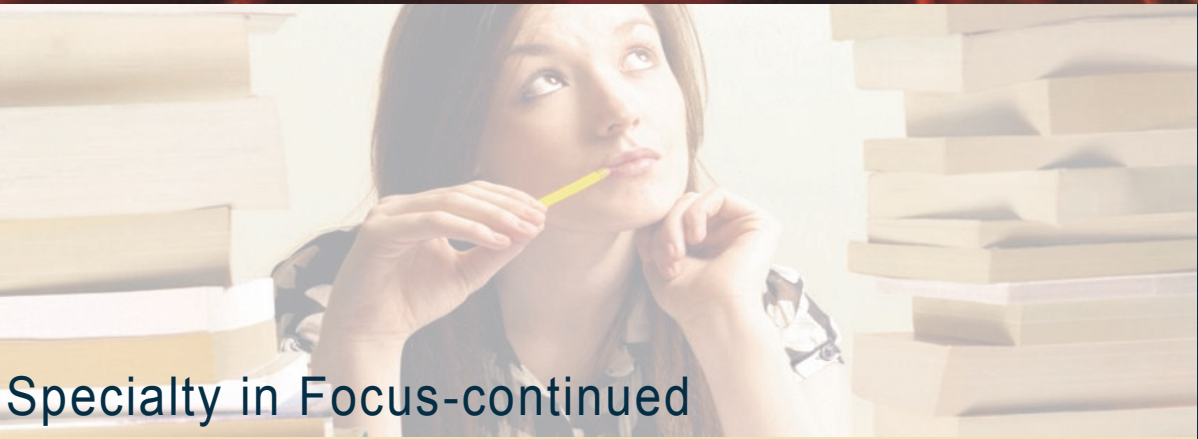
Dr. Caplan: There’s a sign-up sheet on my office door (N339) that shows the availability for students to participate. There’s a limit of two students per night, just because there are only two operatories in the clinic.

So if you find yourself with a free evening, please feel free to sign up for the Iowa City Free Care Clinic, someone in Iowa City will greatly appreciate it.

By Karma Weeden, D3

Iowa City Free Dental Clinic

An interview with Dr. Dan Kaplan.



Specialty in Focus-continued

things to do or keep in mind as you consider or even if you don’t consider specialty training:

STUDY and WORK HARD. You don’t need a 4.0 GPA, but you need to prove that you can hang. Even if you don’t want to specialize right now...you MIGHT decide you want to before graduating or a year or two after graduating...BIG but...BUT you won’t be able to change your grades from dental school. Also, work hard in your D-3 year to familiarize yourself with each specialty in order to find out what you enjoy most.

GET INVOLVED! Find opportunities to volunteer in and out of the dental school. There are plenty of student organizations to show your leadership skills, share your ideas, and make a difference.

RESEARCH. It’s not always glamorous, it’s not always fun. You don’t have to start your own personal research project, so talk to faculty, talk to residents, talk to fellow students and find someone you can do research with.

NETWORK. Get to know faculty and residents. Ask them questions about how they decided to specialize, pros and cons of their specialty etc. You will be asking them to write “strong” letters of recommendation for you, so get

to know them. You don’t have to kiss up or brown nose, but be sociable and don’t be afraid to open up to them with some personal details about your life.

BALANCE. Find something to do besides studying in the library. Many programs appreciate participation in sports, music, and art. It is important to find a healthy outlet for pent-up energy and frustration.

ENJOY. Have fun. You are going to be a dentist the rest of your working life...probably. Learn to enjoy it... (that will probably come during your fourth year). If you think you want to specialize, be darn sure you can do that special aspect of dentistry for many years.

A position amongst the ranks of general dentists isn’t a consolation prize in the race towards the unattainable specialties. General dentistry is the supreme combo pizza of the dental world. Some people love pepperoni pizza, sausage pizza, and cheese pizza...and some like it all on one pie with garlic salted stuffed crust. But it is all about choice. The choice is up to each of us. What do we like? We are fortunate to belong to a profession that offers multiple options. Think about it long and hard...can you really eat Canadian bacon with pineapple pizza every single day for the rest of your life? The choice is all yours.

Stress in Dentistry- Continued		
Fortunately, in general, as dentists’ number of clinical experiences increase, a lower overall perception of stress is reported. Usually only stress brought on by office management remains high throughout a dental career. <sup>1</sup> As with most occupations, stress comes with the job. Balancing time, work, and personal activities is a challenge. Being able to cope with and relieve stress allows dentists to maintain a positive outlook on their profession and lifestyle.	1) 2) 3) 4)	Bourassa M, Baylard JF. Stress situations in dental practice. J Can Dent Assn 1994;60:65–71 Dunlap J, Stewart J. Survey suggests less stress in group offices. Dent Econ 1982;72:46–54. Jenkins CD. Psychosocial modifiers of response to stress. J Human Stress 1979;5:3–15 Rada, D.D.S., M.B.A, Robert E., and Charmaine Johnson-Leong, B.D.S., M.B.A. "Stress, Burnout, Anxiety and Depression among Dentists." <i>The Journal of the American Dental Association</i> 135.6 (2004): 788-94. <i>American Dental Association</i> .
References:		

I finally realized what J.V.D. meant when he told me that London is an international city. Daily, I rode on a bus or tube car with people from a dozen different countries, faiths, and ethnicities. The diversity is profound. In my group of 10 classmates (they were organized much like our D3 year), most were Londoners, but almost none of them were more than a third or fourth generation Brit, some still having family living in their country of origin. That may seem rather ubiquitous in the Midwest, (I’m a fourth generation American, myself) but London was founded in 43 A.D.! A majority of my classmates are as much immigrants to England as I am to America. I didn’t expect it, but it was a pleasant and unifying surprise. We all grew up with different ethnic histories to bring to the table, and it was a satisfying experience.

There are a lot of people who made this trip possible for me, and I’m so appreciative to you all! Over my 11 weeks abroad, I was able to ponder with Van Gogh, marvel at Da Vinci, hide in the Secret Annex with Anne Frank, live in Versailles with King Louis XIV, and walk in the footsteps of The Beatles on Abbey Road. But those are still just the tip of the ice burg. In the end, after visiting the home-countries of William Shakespeare, Leonardo Da Vinci, Claude Monet, Vincent Van Gogh, and William Wallace, I’ve reinforced my understanding that people are still people, here and anywhere we go. No matter what their thoughts of America, their seemingly innate British instinct to not bother with strangers, or how “soccer is actually football,” a commonality could usually be met in some way (oh, I suppose sometimes a pint helped). We are all travelers of our world, after all. We humans deserve each other’s kindness. It’s easy to see if you look.

-Joe Uker