



JUNE 2019 | ISSUE 2



THE ARTICULATING PAPER

The Official Newsletter of the AUDSS



Photo: Jeremy Lee

HALFWAY POINT!

Congratulations to everyone on almost getting halfway through the year! Unfortunately, this also means we've now entered the month of exams. Hopefully, everyone is well on their way to studying and preparing (or at least have plans to in the very near future).

In this issue, we feature an interview with our very own Patron, A/Prof Dimitra Lekkas. We also provide some handy exam study tips which hopefully you guys will find helpful.

All the best!

Publications team
(Melody, Elizabeth, Elaine)



Photo: Jeremy Lee



announcements



EXAMS

Exams will run from **JUNE 22ND - JULY 6TH**. Refer to Access Adelaide for specific days and times.

Exams are held at the Wayville Pavilion which is at Adelaide Showground.

Transport options:

- BUS

Any bus which goes down Goodwood Road will work (e.g. G40, W91, G21)

- TRAM

Glenelg tram line - get off at Stop 3 Goodwood Road

- CAR

Students can park their vehicles at the Adelaide Showground via Rose Terrace entrance. A parking fee will be charged per car

- UBER

Splitting an Uber between four people can be an easy way to get to exams if you want to avoid public transports.

From the city, it will cost ~\$3-4pp

CENTENARY BALL TICKETS

Second release tickets are now on sale!

Tickets will be available for AUDSS Members (\$110), Non-members (\$135) and Alumni (\$135). Ensure you purchase your ticket before **JULY 13TH** to secure second release prices.

We are proud to announce our guest speaker, a well-respected lecturer and Adelaide Dental School alumni, **Prof. Geoff Heithersay**. The night will showcase the history and achievements of the school over the last 100 years as we are proud to display historic memorabilia, loaned to us by the CALHN Heritage Office.

The event will be hosted at the Hilton Adelaide. Tickets include a luxurious three course meal and beverage package, as well as the nights entertainment. We will be starting service at 7pm and will be going until late.

2019 ADSA CONVENTION

Tickets are still on sale for the 2019 ADSA Convention (**JULY 1ST-JULY 7TH**), which will be held in none other than Adelaide! It's literally coming to you; why would you not go?

Involving dental students from all across Australia, this year's Convention is not to be missed, with activities including a full day of hands-on workshops, daily specialist lectures to enhance your passion for dentistry, social events on every day of the week and accommodation right in the heart of the city.

There are a variety of packages to choose from, including one especially for Adelaide students, with all academic and social events included for \$420 for the whole week. You can also purchase tickets for individual events (e.g. Gala Ball, Barossa Tour... just to name a few!) Sales will be open right up until **JULY 1ST**.

In Loving Memory



Emeritus Professor Grant Townsend AM 1950-2019

Emeritus Professor Grant Townsend graduated from the Adelaide Dental School in 1972. He was a Professor of Dental Science from 1994 until 2017, and served as the AUDSS Graduate President in 1980 and 1989.

In recognition of his contributions to the education of dental students, he was awarded the Lifetime Commitment to Education Award by the AUDSS in 2013.

He will be missed by all.



10/05

sleep out

tonight, we give up our bed
camp out on concrete instead
c'mon, let's gather round
and raise funds for common ground



PHOTOS: MELISSA CHU

what would dimi do?

May 22nd, 2019 4:37pm, level 11 of the AHMS - we managed to catch 2019 Patron Associate Professor Dimitra Lekkas before she had to dash off to Wednesday night clinic.

A/Prof Lekkas was the AUDSS Treasurer in 1991 and has been the Patron three times since in 2000, 2016 and 2019; AUDSS sits down with her to hear some of her reflections on her time as a student and ask some hard questions.



Photo: Yousif Haddad

When should I start preparing for exams?

Not the day after! Hopefully you're prepared or have started to prepare before you reach SWOTVAC.

What's in the exam?

Nice try.

Fine, a group member isn't pulling their weight - how should I resolve this?

I want to say evict them but it's unlikely to help in the long run. Maybe try organise a lunch to try work things out. If not, ILA groups swap for semester two so you'll have the opportunity to find someone new to let you down.

If you could call in sick for one day of the week (remembering to fill out a non-attendance form on SONIA for Chris Craven if you have clinic), which day would it be and why?

Monday would have to be erased, so we could have a long weekend!

My tutor/patient hates me - what can I do?

Tutor - I'd suggest you speak to your year level or discipline coordinators if it becomes a serious issue.

Patient - You won't see the same patients forever and if they really hate you, they'll stop coming. Otherwise it'll be an excellent learning experience - refer to Dr Skinner's sessions on managing the angry patient.

Follow up question, what should I bribe my tutors with?

A million dollars so they can retire or maybe bake them something and give it to them AFTER grades have been given out so that there isn't a conflict of interest.

If you could have any superpower, what would you choose?

I'd like to be a fly on the wall, because then I could see and hear everything. Or be invisible. I am stealth.

what would dimi do?

If you could only pick one bur for the rest of your life what would it be?

L10. You have to use it with extreme caution because it's a lethal weapon but it's useful for many situations.

Would you rather wear gloves one size too small or one size too big for the rest of your life?

Too small. Gloves that are too big just get in the way.

The other person who uses my sim station always leaves it messy and I don't know who it is, how am I supposed to manage this?

You could try leaving them a note and if things still don't improve then consult with the sim clinic manager.

Is uni fashion better now or when you were a student?

Now, definitely. When I was a student, we had big hair and puffy sleeves. You guys don't have to deal with that.



For reference: A/Prof Lekkas herself at her 21st in peak late 80s/early 90s fashion.

What would you pick between a cupcake, a brownie, or a Vietnamese iced coffee at the BDS3 Bake Sale?

A cupcake! With lemon curd and vanilla frosting. (Dr Lekkas' clinic group - take note).

Our Centenary Ball is coming up, we notice you've bought a ticket! What do you plan on wearing to Ball?

Ah, clothes?

(Following some discussion about the theme, the White Witch from the Chronicles of Narnia is proposed)

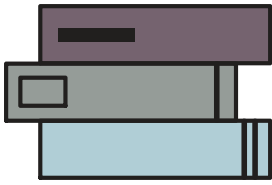
Oh yes, that's a good one! My kids and I watched The Lion, The Witch and The Wardrobe the other night.

Should I go to the Centenary Ball?

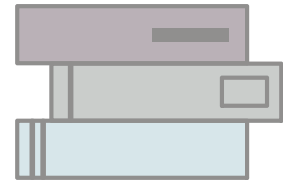
Just go to the ball - you'll always look back on it fondly. As a first year, you might think "oh the ball is only for the senior students," but my friends and I plucked up the courage to go as a group when we were first years and we never regretted it. I strongly encourage all students and in particular, first years to go. I went to all five when I was a student and have been to some (and some afterparties) since becoming a staff member too.

Do you have a favourite Grand Dental Ball?

This year's, see you all there.



study tips!



GENERAL

- Study in a group - discussion between classmates will make you realise what knowledge areas you are missing and will also save you from depression
- Change your study environment every now and again so you don't feel stir crazy
- Snacks - need we say more?

BDS1

- Learn the fundamentals of biochem and physiology, and pay special attention to the cells/tissues related to the mouth! You are studying dentistry, after all
- Needle-stick injury protocol
- Histology/microscopy from resource sessions
- EBD - learn the components of PICO
- Tooth morphology (of course)
- Biodental tutorials content
- Perio - gingival assessment and the correct technique for probing (hint: illustrations will certainly help!)

BDS3

- Treatment planning, treatment planning, treatment planning
- Oral pathology - describing and giving differential diagnoses for lesions
- Radiographs (don't forget about OPGs!)
- Dental materials - different types, its properties, longevity, and how this influences clinical decisions
- Endodontic diagnosis - give the pulpal status, the periapical status, and the cause

BDS2

- Tooth development - dental age from an OPG, anomalies, process
- ILAs - for example, clinical implications of cleft lip and palate
- Pathogenesis of caries - be able to go from a white spot lesion all the way to a spreading infection
- Embryology - know branchial arches and focus on anything related to the mouth
- Know phases of treatment planning and restorative steps
- Articulator and facebow - all the components, and their purpose and how they work

BDS4

- Treatment planning - be sure to address the CC! It's easy to get sidetracked by all the other info
- Pharmacology - learn the names of the general medications (generic and branded) and how they affect the oral cavity, especially those which can deliver the triple whammy effect
- Diagnosis testing: be systematic about these - is the problem caused by:
 - Pulpal? Perio? Occlusion
 - Iatrogenic?
 - (Don't forget to obtain relevant radiographs)



calendar

JUNE - AUGUST 2019



EVENT	INFO
<p>24/06 The Beginning of the End: Exams Make sure to check Access Adelaide for your dates and times! Best to get there at least 30 minutes early</p>	<p>ADELAIDE SHOWGROUNDS</p>
<p>01/07 ADSA Adelaide Convention Convention is literally coming to you this year, right here in Adelaide! What have you got to lose? Make sure to get those tickets!</p>	<p>ADELAIDE JULY 1 - 7</p>
<p>31/07 AAPDP: Endodontic Q&A Dr Aaron Seet is a practicing endodontist at Victoria Park Specialist Centre and is also involved in casual lecturing and tutoring during the BDS program.</p>	<p>5:15-6:15PM AHMS JOE VERCO</p>
<p>17/08 AUDSS Centenary Ball Celebrating 100 Years of the Adelaide Dental School, this year's Grand Dental Ball is not one to be missed, and as such will be open for both Students and Alumni.</p>	<p>7PM HILTON ADELAIDE</p>
<p>28/08 AUDSS Loupes Tradeshow Not sure where to start with loupes? We'll be bringing in various companies (Heine, Zeiss, Orascoptic), insurance and MORE</p>	<p>5-7PM AHMS G030</p>

If your big picture includes an overseas placement, our grant could be the missing piece



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