

Adelaide
University



Dental
Students'
Society

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Editor's Note

Is this the real life? Is this just fantasy? Caught in a pandemic, no escape from reality.

Back to uni, in the flesh I mean. We've been dreaming about this day and now it is finally here. With all the tragedy and setbacks that COVID-19 has brought us, at least it's an easy icebreaker for whenever you want to fill an awkward silence. Talking about the view from level 11 was so 2019.

Hand sanitisers guard every entrance, masks have become fashionable (good thing we've had ample training wearing these guys), the latest season of the Bachelor has started to air and I've become one of those basic girls posting flashback holiday instagrams. It seems we are in the midst of 'The New Normal'. How do I feel about it? Surprisingly ok. To quote Andy from the Office, *'I wish there was a way to know you're in "the good old days", before you've actually left them'*. Maybe these are the good old days, maybe not. But if EBD taught us anything, prevention is always better than treatment so I'd rather make the most out of each day than regret doing otherwise later - carpe diem!

Like every issue, this edition of the Articulating Paper is an amalgamation of whatever I've managed to scramble from the student body. I hope you have as much fun reading it as I did putting it all together.

♡ Elaine

Publications Executive

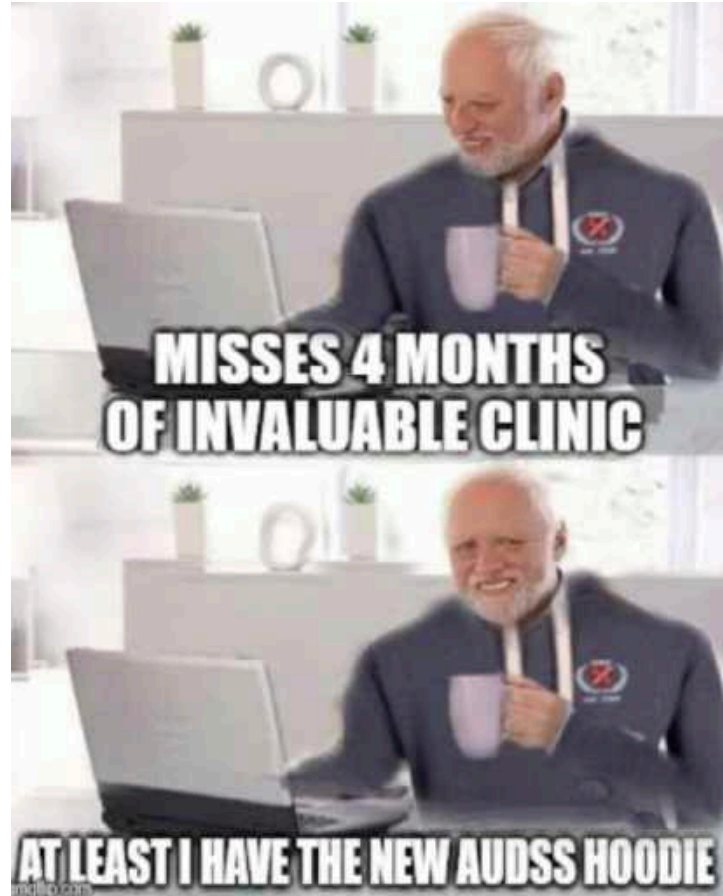
H O O W D I E
N E
W

Order Now!

1. Click on the following link and it will take you straight to the jumper page:
<https://www.audss.org.au/2020-audss-jumper>

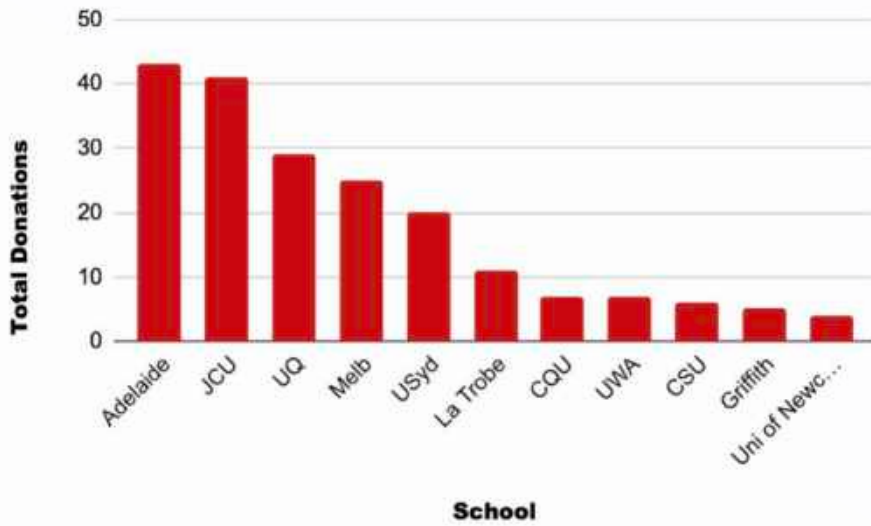
2. Select the size you want (the respective sizing chart is on the website)

3. Complete the boring deets



4

ADSA Blood Drive



The results are in, congratulations to the AUDSS for winning the ADSA blood drive for 2020! Thank you to everyone who participated, your donation will save lives.

Student Affairs Vlogs



Jeremy Lee BDS5



Maggie Ao BDS4



Kevin Guo BDS2

Which dental discipline are you?



Endo

- Bilingual
- Always on ski trips
- Loves a subtle flex
- No sugar but does a juice cleanse every 3 months



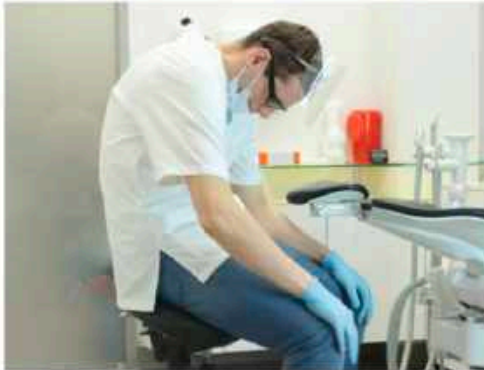
Oral Surg

- Great in a fight, always has your back
- Aggressively patriotic, loves Vegemite
- Hot temper
- Locums on Sundays after a big Saturday night
- Can't cook, won't cook but always starving



Perio

- Lives on coffee
- Sees 3x the patients that everyone else does
- Spends \$\$\$ on fine dining
- Likes super niche movies and old anime
- Always on time



GDP

- Ignored by everyone
- Always late
- Dry hands, has 500 moisturisers
- Super nihilistic, life is a joke
- Secretly just wants to be loved but will deny it



Paeds

- Owns a golden retriever
- Bad at sarcasm
- The nicest friend
- Hates conflict, cares a lot about what everyone thinks



Pros

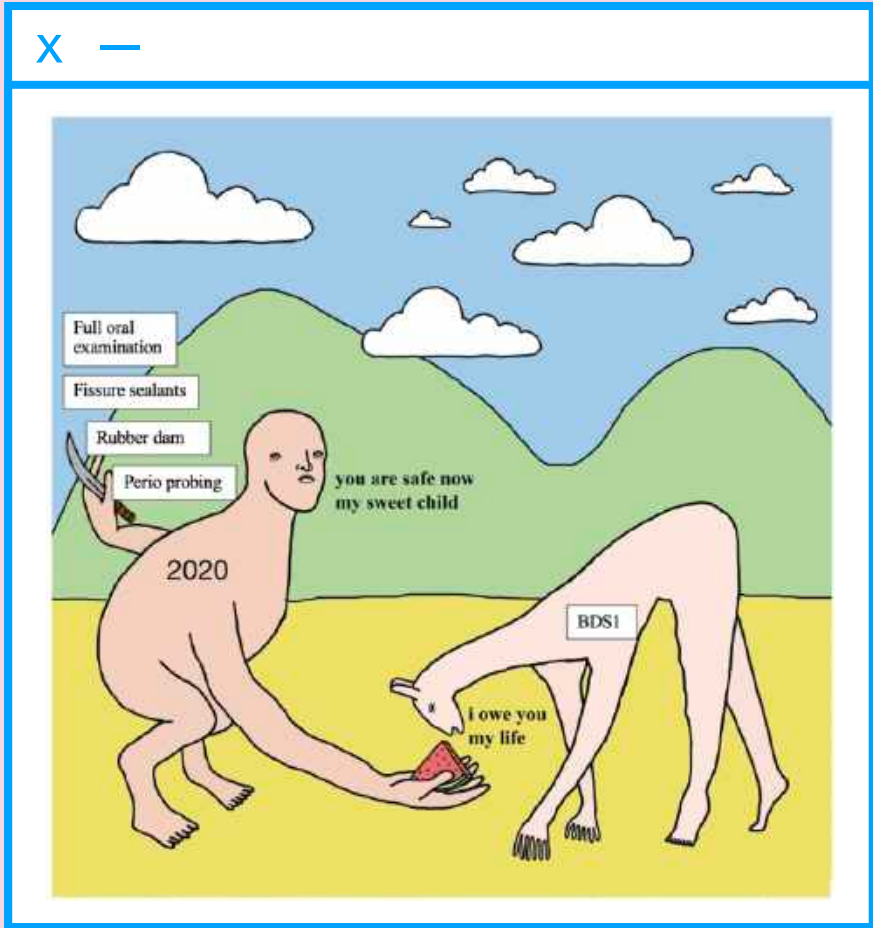
- No chill, always stressed
- Loves giving finger guns
- Not here to make friends
- Hates memes
- Socially awkward

First Year in 2020

as told through memes



LOADING



X —

Me calculating how much money I've spent for BDS doing tests and getting certificates and buying equipment when I haven't even started it yet



Me watching 200 lecture recordings at 3x speed 1 week before the exam:

The exam:



X —

Me to my buddies:



X —

When you are learning how to identify different teeth



You know how to identify teeth



When you have to build a complete teeth set with real teeth that don't even look like teeth



X —

Me going into the ILA introduction session having not completed and uploaded my Steps 1-4:

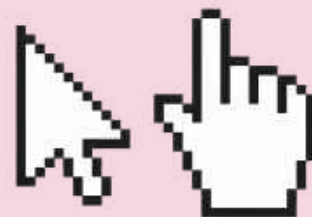


X —

Me running to clinic at 8:44am because I slept in because I was cramming clinic prep:



X —



Student Affairs ©

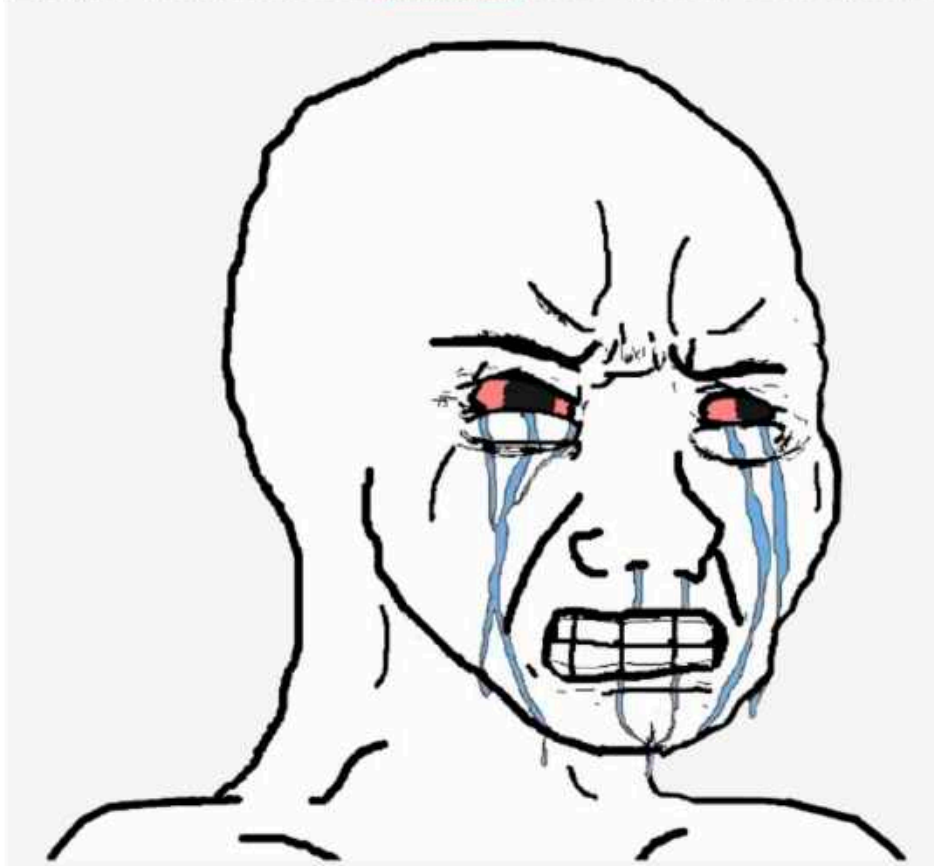
Jingyang Li - BDS2



To Loupe or Not to Loupe
that is the Question

Bds2: aha \$70 loupies off amazon

Loupe companies: nooOO YOU MUST GET \$2000 LOuPEs



Jingyang Li



THIRD YEARS!

What Do They Know?

Do They Know Things??

Let's Find Out!

***This is a joke, and does not form part of your formal assessment.

In this latest instalment of **TY!WDTK?DTKT??LFO!** we ask the simple questions that you third years should be thinking about prior to commencing clinic later this year.

1. It's been a minute for you guys so let's start with an easy one - how many restorations should I be missing in my exams at this point in my degree?

- (a) All of them - I'll catch them on the OPG
- (b) Only the tooth coloured ones, who has time to dry the teeth?
- (c) Only crowns, you don't even know what you're looking at yet
- (d) None, my clinic grade is riding on this one patient that hasn't FTAd

2. Your patient is squirming during a bitewing and / or PA what do you do?

- (a) Give up and call in your tutor to help
- (b) Ask a mate to take it for you while you pin the patient down
- (c) Just leave the clinic, you didn't really need that radiograph, or this degree anyway
- (d) Tell them menacingly that if they take the x-ray properly once then you won't have to repeat it

3. How long should you take to do a full extra & intraoral exam + perio chart?

- (a) 3 hours, you don't really plan on making any money once you leave uni
- (b) 1 hour, you went to Aniko Ball's lecture and like to have a stretch every 5 minutes or so
- (c) 30 minutes, because you have better things to do with your time
- (d) 1 minute, all my notes read NAD

4. A patient comes in with pain on biting, what do you do?

- (a) Use your finger as a frac-finder, then bite them back in revenge
- (b) Use articulating paper everywhere and let the little blue dots guide you
- (c) Tell them they need a crown, because it's never too early to be building your fixed pros case load
- (d) Tell them to stop biting if it hurts, duh. Smoothie diet only from now on.

5. Your patient believes that amalgams are a government conspiracy and refuses to have them, what do you say?

- (a) Lean into the theory and convince them to have GICs everywhere, MI for the win!
- (b) Refer them to years of longitudinal studies showing amalgams are safe and effective
- (c) Using your communication mastery (OARS), thoroughly indoctrinate them in the teachings of Lord GV Black, and together secretly bring about a cult uprising of "Extension for prevention"

6. Which is the king of all burs?

- (a) 838 - steady, safe, dependable... boring
- (b) L10 - edgy, dangerous, needle stick injury repeat offender
- (c) Slow speed round - underrated, MVP, always gets overlooked for flashier burs
- (d) Horico - what occlusal anatomy?

7. A patient walks in with a medical condition you know nothing about, what do you do?

- (a) Research it and / or ask the patient about it, like the conscientious student you pretend to be
- (b) Reassure the patient that you've heard of it, before quickly googling it
- (c) Phone a friend - lean over the bay divider and ask someone that was paying attention in lectures
- (d) Consult your grimoire aka the Therapeutic Guidelines

8. A patient presents with a nondescript white patch on their oral mucosa, what do you do?

- (a) Reflect on all the chocolates you won from Ying Guo's quizzes and how hollow those victories seem now
- (b) Tell your tutor it's oral leukoplakia - you can't be wrong if you don't commit
- (c) Come up with a list of differential diagnoses using the diagnostic sieve because ya boring af
- (d) Hide it with a cheek guard and move on

9. You have to give an IAN + L block to a patient with indistinct anatomical landmarks, what do you do?

- (a) Palpate, pray to the gods of dentistry and let G.V. Black "take the wheel"
- (b) Trust your training, you've done this *once* before on those dodgy sim mannequins
- (c) An articaine infiltration or two, because why complicate things?
- (d) Prepare the eye patch in advance for your imminent failure

10. Your tutor has asked you why you're planning to restore in CR as opposed to amalgam or GIC, how do you respond?

- (a) You realise you don't actually know why - write a 2 page summary on dental materials and try again
- (b) Say it's for aesthetics despite it being a 27 MO
- (c) Say nothing as you have PTSD from poorly carved sim clinic amalgams
- (d) Panic and start blathering on about different forms of retention while your tutor's eyes glaze over



SOCCKER CHAMPIONSHIPS



BDS1 Vs BDS4

On Friday 21st of August, the annual Soccer Championships were held at the Adelaide Indoor Sports Centre.

It was great to see all year levels battling it out for the 2020 championship cup. Congratulations to the **BDS5** team for taking out the final win! Whether it was on the field or in the stands, thank you to everyone who turned up for the night - we hope to see you again next year!



BDS5 Vs BDS2

SCREEN TIME

For most of us, 2020 is a year that will not soon be forgotten. Between bushfires earlier in the year, SCOMO cutting his holiday short, BLM riots, a global pandemic, and accusations of misconduct following ex Adelaide Uni Vice Chancellor Peter "Ratbag" Rathjen, it's been a rubbish year that no amount of iso-tainment is going to fix.

But as the year moves forward and Covid remains contained in Sicktoria, I propose a *gradual* return to normalcy. We need something to look forward to, and escaping into an alternate reality via the magic of Hollywood sure is tempting. Also would this really be a Yannii Pouferis pubs article if it didn't feature gratuitous commentary on something unimportant? Without further ado, let's get into my top 6 movie picks to watch out for.



Tenet

Release Date: August 27, 2020

From the director of the Dark Knight Trilogy, Inception, Interstellar and The Prestige comes Tenet, a time travelling spy film that probably isn't worth watching if you had trouble understanding the aforementioned films. But what better way to get back into movies than a Nolan film that guarantees gorgeous cinematography and an amazing soundtrack.

Wonder Woman 1984

Release Date: October 1, 2020

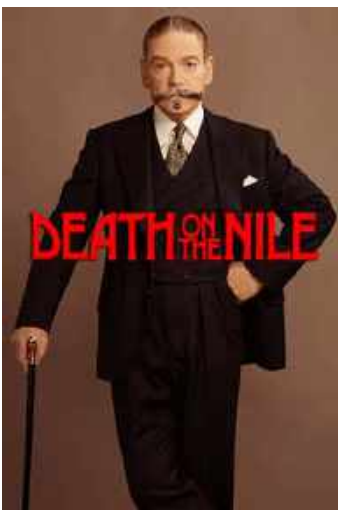
Ok, I know the CGI for "Cheetah" (played by Kristen Wiig) looks a liiiiiittle iffy, but it could be worse – at least it's not 'Cats'-level bad. And anyway let's be honest, we know that you're really watching for the scintillating banter between Gal Gadot and Chris Pine. The sequel to the much-loved Wonder Woman in 2017, WW 1984 is sure to scratch that superhero itch for movie fans in the absence of any cookie cutter Disney-Marvel offerings.



Death on the Nile

Release Date: October 8, 2020

For those of you that enjoyed Kenneth Branagh's first performance as famed detective Hercule Poirot in 'Murder on the Orient Express', we have the inevitable cash grab sequel. A big budget whodunit movie is rare and a good one is even rarer (looking at you 'Knives Out'), but we can always hope that 'Death on the Nile' scratches the itch for all the mystery lovers out there.





Soul

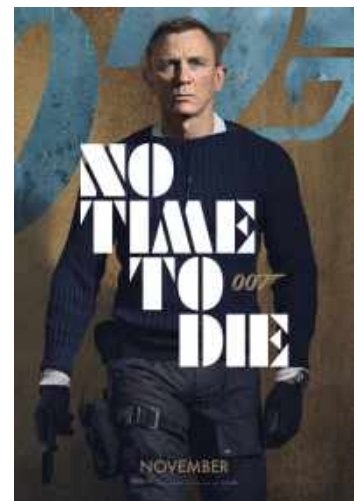
Release Date: November 26, 2020

The latest offering from Disney-Pixar, 'Soul' follows Joe Gardner, a jazz musician and middle school band teacher whose soul is separated from his body. While in limbo, Joe must attend a self-improvement seminar with other separated souls before he's allowed back to earth. Truth be told I only needed to hear Disney Pixar animation to be sold on this, but even if it's not your thing you should check it out anyway, if only for the banter between Jamie Foxx and Tina Fey.

No Time to Die

Release Date: November 12, 2020

There's a villain on the loose with dangerous new technology - it's up to Bond and his band of bros to stop the world from exploding. Probably. I mean, that's the usual formula for Bond flicks right? Even though the movies have all kind of blurred together for me, the good track record of Danny Craig and an absolutely stacked cast including Ana de Armas, Léa Seydoux, Rami Malek, Ralph Fiennes and Cristoph Waltz should be enough for you to give this movie a watch.



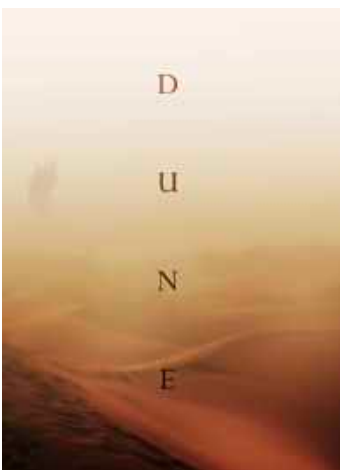
Dune

Release Date: December 18, 2020

Now I'm not much for movie adaptations, but the track record of Denis Villeneuve (Arrival & Incendies) paired with the book's wild success (It's widely considered one of the best/most successful sci-fi novels of all time) makes me wonder if this will be the adaptation to rival LOTR as king of the best adaptations ever. Lol jks, LOTR always wins.

But here's some quick maths :

The most dangerous planet in the universe + A brewing conflict over a drug that unlocks human potential + A young man's journey to save his family = A sci-fi epic that is not to be missed.



By

Yannii Pouferis

The Al Dente Podcast

Season 2



Now with a new logo and a new mic!

Available on:



14 Panic at the Dentist

In this Episode: After a 2 month break, the pod is back and boy oh boy was it a chaotic return. Forgive Elaine, she instantly regretted saying that she'd be back 'next week' on the last ep in May...and now it's already August. But hey! We're back and it's pretty wild. Elaine managed to rope in our always reliable President, Calvin Wong, and Vice President, Bree Zaccardo, for a rundown of the week we've had. To summarise, we have a new mic (!!), there was an assault, some precarious wall climbing, and a minor car incident. Listen on to find out more. After the break, tune in as each of the three dental students take turns to sit on the hot seat. This week is dental health awareness week, can we debunk some common dental myths? (Aka, have we been studying?) You'll have to listen to find out!

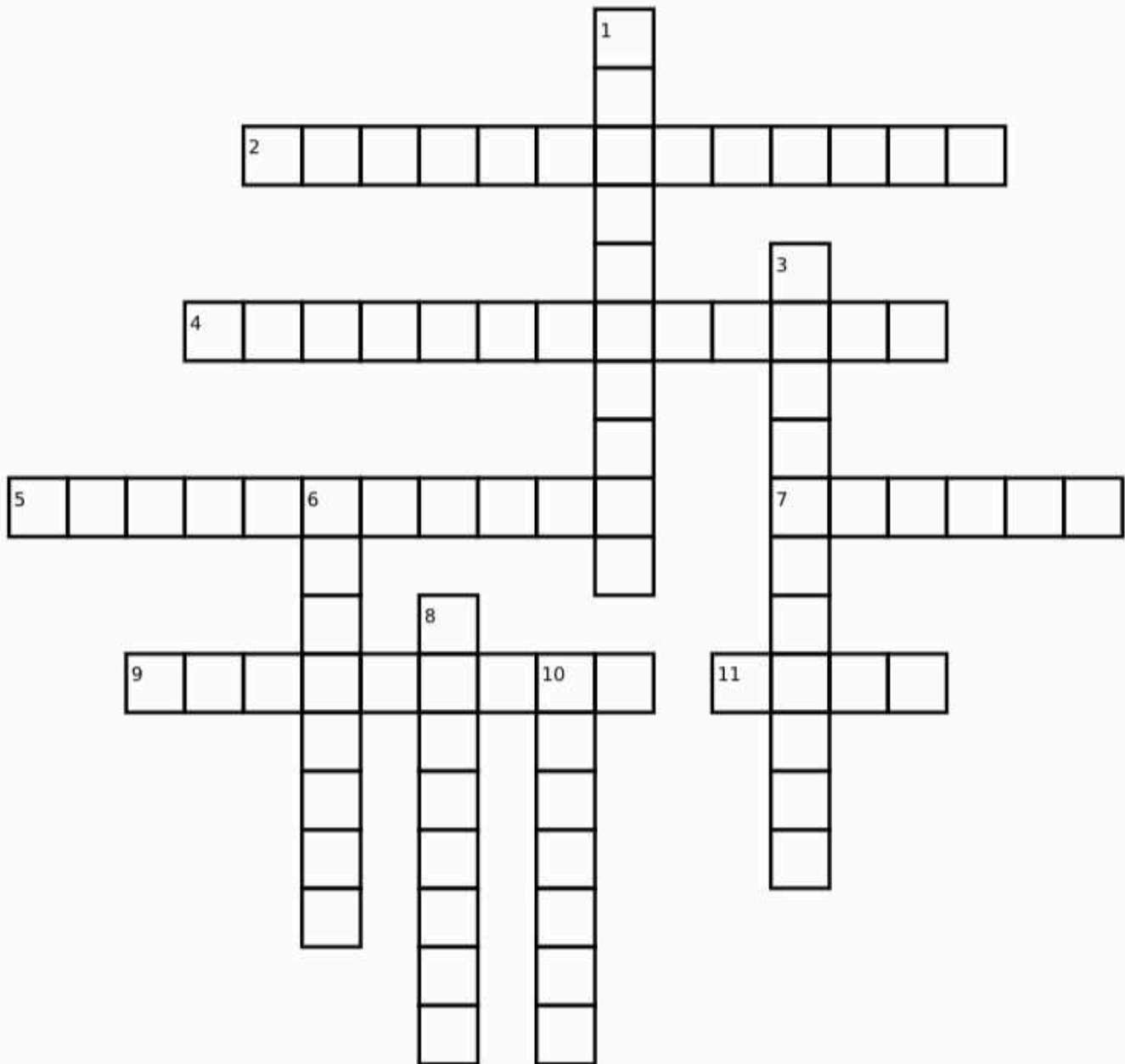
15 Fresher Under Pressure

In this Episode: We have had some pretty hectic episodes but believe or not, I think this one is the most sporadic of them all. Finally, Elaine managed to track down a first year to come on the pod. That first year is Matviy Zhylikhovskyy, or better known as Mat, who happens to be Elaine's buddy (what a coincidence!). Despite being only a fresher, Mat has plenty to talk about. We discuss ballroom dancing, how it's felt starting a new degree in 2020, and how to get into the optimal state of mind that is FLOW. We also have an incredibly important discussion of Mat's definitive ranking of KFC menu items. Need I say more?

16 Oral Health is Wealth

In this Episode: Let's talk about Bachelor of Oral Health, it's about time we did! Chris makes a return to talk about his journey prior to BDS where he worked for many years as an Oral Health Therapist. We also chat to a new guest, Cassandra Cauchi, who is in her final year of studying BOH. Of course, this wouldn't be the Al Dente podcast if we didn't go on a couple tangents. This week, there's mention of Tik Tok, the Nintendo Switch, and some very helpful dental analogies for working with kids!

Can You Solve the Crossword ?



Down:

1. What is the fifth cranial nerve?
3. What is the first line pain relief medication for mild pain?
6. Which fluoride varnish is contraindicated for patients with asthma?
8. What is the pulpal diagnosis of a tooth negative to pulp testing?
10. What elevator do oral surgery tutors NOT want students to use?

Across:

2. What antibiotic causes a flush reaction when consumed with alcohol?
4. What do we call an extra tooth?
5. What do we call the condition where 6 or more teeth are missing congenitally?
7. What is the fancy name for decay?
9. What is an accessory cusp adjacent to the MP cusp of upper first molars called?
11. What modified toothbrushing technique is recommended?



Seabables



Seasaurus



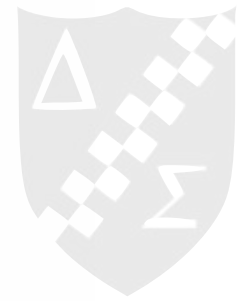


A Collection of Elaine's Scrapped Cover Ideas

THE ARTICULATING PAPER

JUNE
/
JULY

Life is full of setbacks;
success is determined by
how you handle setbacks



*Adelaide
University
Dental
Students
Society*

THE NEW ~~NORMAL~~

Concept:

lululemon x AUDSS

For those of you who don't understand this cover, let me explain it to you. What you are looking at is a spin-off lululemon tote bag, one that you get on any small to medium purchase at lululemon (a Canadian athleisure store). If it looks unfamiliar, you clearly haven't been paying attention as you battle for a locker on level 10 of the AHMS. It is, without a doubt, the no. 1 choice of bag for dent students; guy, girl or anything in between. An icon of BDS/BOH. The size is perfect, the shape is perfect, the arm holes are perfect, it comes with a snap lock closure, and best of all, it's sturdy enough to last and cheap enough to not care if it breaks. Advice from a fourth year, get on it. Chuck your clinic coat in, your assessment book, your lunch, your drink bottle...the options are endless (lululemon please sponsor us).

After spending an entire Monday night working on this cover, I showed it to one of my classmates who basically, didn't get it (shoutout to you Michael Nguyen). I admit that sometimes my creativity can run off course and maybe I'm the only one who finds this funny. So as I sit in a trendy cafe and alternating between sipping my flat white and sparkling, I am resigned to the fact that I'm gonna have to come up with a new cover idea. You as the reader, would be none the wiser of my struggles.



Summer 2020 | Freshers' edition

PAPER

A New Decade

A New 'Clown Book'
And of course,
A New Committee!

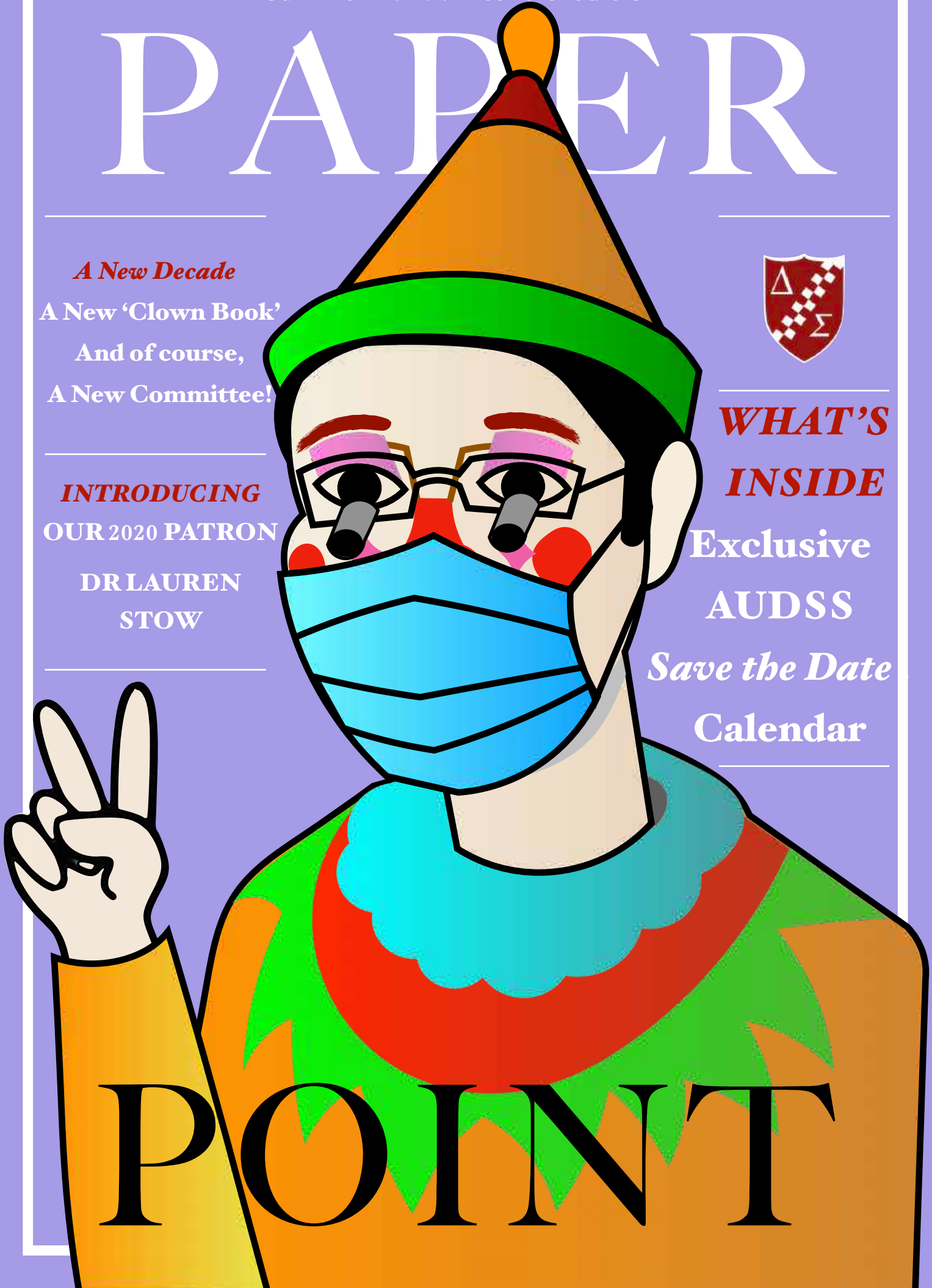
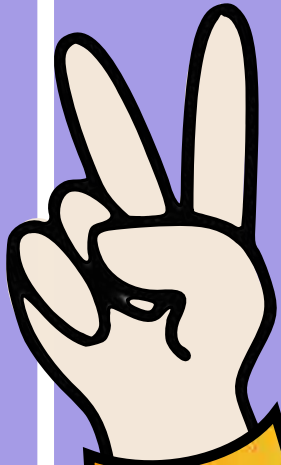


*WHAT'S
INSIDE*

INTRODUCING
OUR 2020 PATRON
DR LAUREN
STOW

Exclusive
AUDSS

Save the Date
Calendar

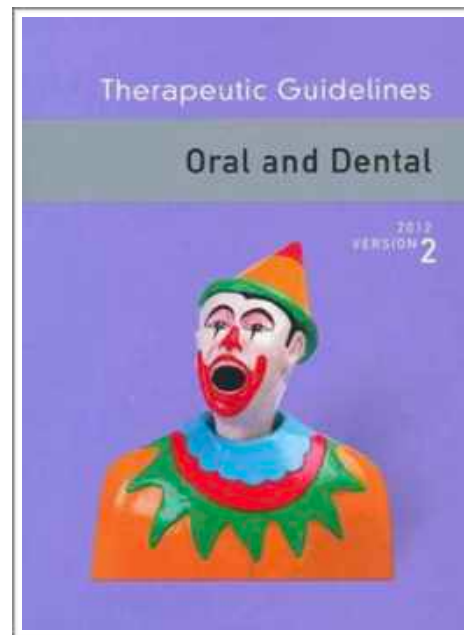


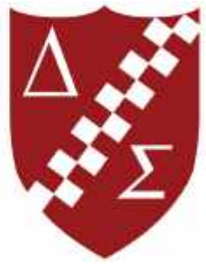
POINT

Concept:

Vogue X Therapeutic Guidelines Ver 2
aka The Clown Book

The iconic clown book was replaced with the much spankier version 3 just last year. In honour of the bible of BDS, I thought it'd be a pretty good concept for a newsletter cover. I spent hours upon hours on this mediocre version only for it to be scrapped, but I didn't have the heart to delete it so here it is for anyone who has read this far. I had to add the mask because honestly it's straight up terrifying underneath. After labouring over this and realising that it doesn't look good, I enlisted the help of my talented general committee member Asvin Tyagi for a much better photoshopped version. That's what made the final cut for the Mad March edition of The Articulating Paper and aren't we glad we ran with that one!





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PRODUCED BY AUDSS
PUBLICATIONS

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June/July
The New Normal Edition

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2020

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