

THE ARTICULATING PAPER

APRIL/MAY 22

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The Articulating Paper

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From the editor...

Dearest Reader,

Welcome to 2022 semester 1B of dental school!

Hopefully everyone is refreshed and had a well-deserved break, I know I did when I watched all of Season 2 of Bridgerton in 24 hours. I know people are anxious with exams coming up at the end of this term, and whilst I cannot say anything truly comforting, I think it's important to remember that we're all in this together. So make sure you reach out to friends, help each other learn the content, and keep your sanity and wits about you.

As I'm sure you guys can see every fortnightly on Facebook and Instagram, the 2022 AUDSS Publications team has been working away tirelessly producing podcast episodes, and this term we have very exciting episodes (already recorded!) to be released. I hope you enjoy reading this edition of The Articulating Paper, which has evidently been created by incredible effort and time by the Pubs team. Best of luck for exams and don't forget to bundle up as we approach the windy and wet months of Adelaide!

Yours Truly,

Jingyang Li



Acknowledgement of country:

We would like to acknowledge and pay respects to the owners of the land we are privileged to publish The Articulating Paper on, the Kurna people. The traditional custodians of the land, waterways and skies across Adelaide. We thank them for sharing and caring for the land on which we are able to share our experiences. We pay our respects to elders past, present, and emerging and we share our friendship and our kindness.

S T U D E N T - A P P R O V E D

Air Fryer

R E C I P E S



by **Ella George**

You've just come home from a long day at clinic. You have neither the energy nor the culinary skill to recreate the five-star dinner you saw on Masterchef. Thankfully, you do have the student specialty – a \$59 air fryer from Kmart.



Here are three delicious and somewhat nutritious four-step recipes for busy students!

TIP #1

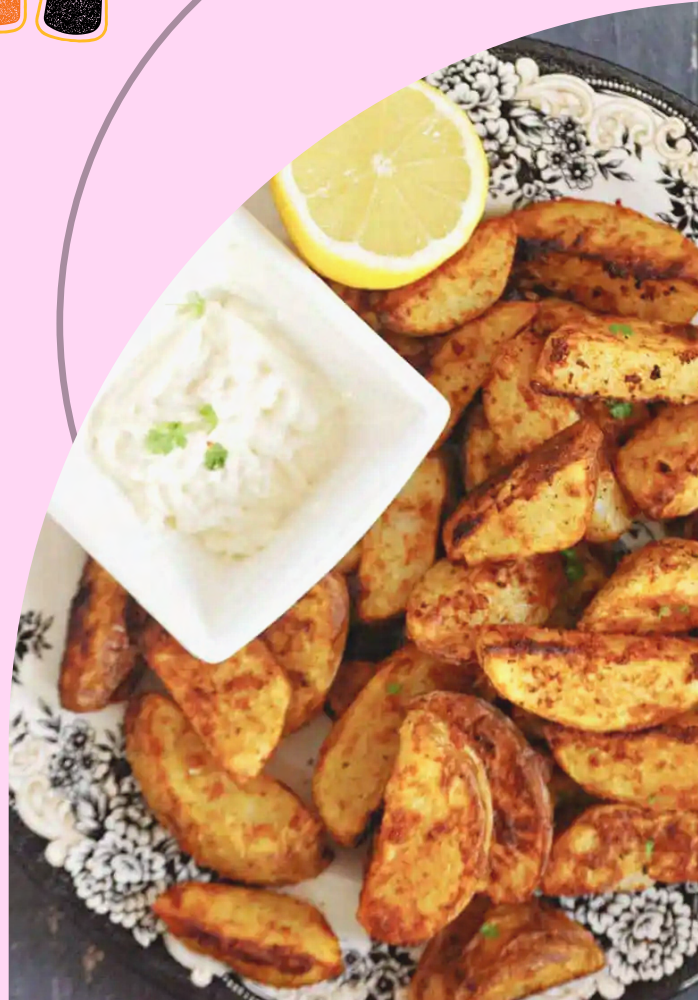
Avoid spraying oil directly onto your air fryer – the aerosols can damage the non-stick lining.

Wedges for one

Because you probably bought an air fryer for potatoes

 15 mins  200°C

1. Slice a **potato** (preferably Russet) into eight wedges.
2. Add the wedges to a bowl with **2½ tsp olive oil and ¼ tsp of the following: paprika, parsley flakes, chilli flakes or powder, garlic powder, onion powder, salt and pepper**. Mix well to cover all of the potatoes.
3. Place the wedges in the air fryer (evenly spread, in a single layer) and cook for 10 minutes at 200°C. Flip using tongs and cook for another 5 minutes.
4. Enjoy with a protein (air fried, of course) or serve with sour cream and sweet chilli sauce to impress your friends!





Crispy eggplant

To please your weird vegan friends



🕒 11-15 mins 🌡️ 180°C

1. Thinly slice **an eggplant** lengthwise. The thinner, the crispier!
2. Mix **a small piece of crushed/minced ginger, 1 clove crushed/minced garlic, 1 tsp ground cumin, 1 tsp olive oil and 1 tbsp soy sauce.** (If you have a pestle and mortar, you can use it to crush the ginger and garlic while infusing the other flavours into it!) Spread liberally on both sides of the eggplant slices.
3. Evenly place the slices in the air fryer. Fry at 180°C for 8-10 minutes, then flip over using tongs and fry for another 3-5 minutes. Time depends on the thickness of your slices; check on them to make sure they aren't burning!
4. Optionally, sprinkle with a little **parmesan cheese.**

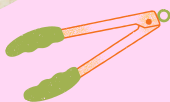


French toast sticks

For your carious sweet tooth

🕒 5-6 mins 🌡️ 190°C

1. In a bowl, mix **1 egg, 40mL milk and ½ tsp vanilla extract.**
2. Cut **2 slices of bread** (brioche if you're boujee) into strips and dip both sides into the egg mixture.
3. Combine **¼ tsp cinnamon, ¼ tsp sugar and a pinch of salt.** Sprinkle over the bread strips.
4. Place in one layer, evenly spaced, in the air fryer and cook at 190°C for 3 minutes, then flip using tongs and cook for a remaining 2-3 minutes, or until golden and puffy.
5. Enjoy with **fresh (or frozen!) berries, maple syrup** (or even ice cream) and any leftover cinnamon mixture.



TIP #2

After each use, clean the basket and tray using warm water and a gentle soap. Harsh detergents and vigorous scrubbing will remove the non-stick layer.

TIP #3

To preheat or not to preheat? It's up to you! Preheating isn't necessary as air fryers cook so quickly, however, it will make for an extra crispy outer and a quicker cooking time – but avoid if you want to gently cook something all the way through (think breads or larger cuts of meat).

INSTAGRAM INFLOSSERS

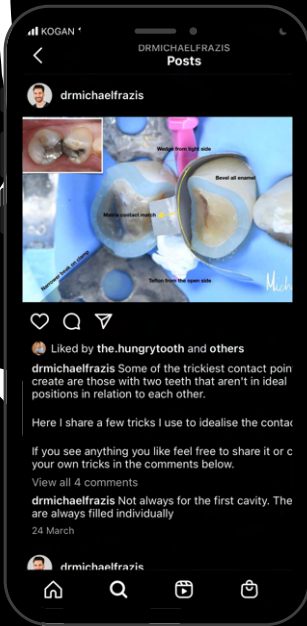
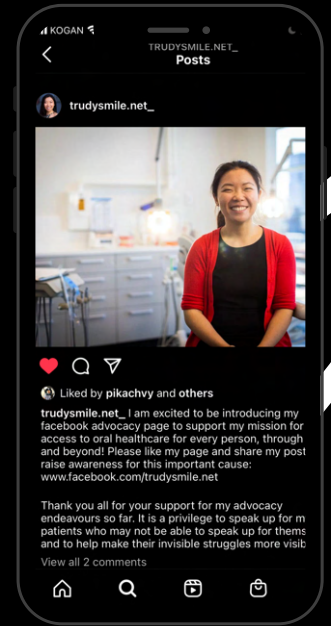


@theaudss

Following the AUDSS instagram account is a no brainer, stay up to date with all our latest events and competitions! Get to know committee members and stalk the heck out of the alumni.

Follow Dr Trudy Lin as she follows her 3 pillars and leaves the biggest dent she can on the world. As 2022 SA Young Achiever of the Year and 1 of the 5 special needs dentistry specialists in SA, stay updated and see where your BDS/BOH degree can take you!

@trudysmile.net_

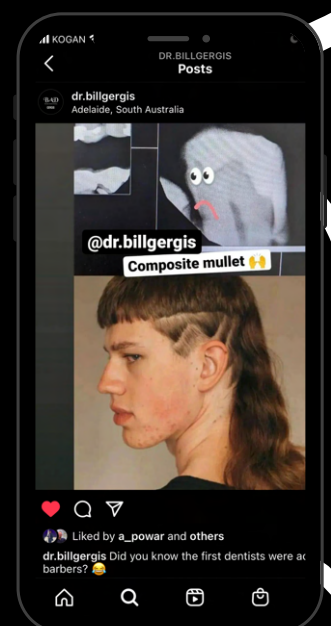


@drmichaelfrazis

Dr Frazis is a general dentist in Adelaide and also an Adelaide Dental School alumni! He has heaps of tips and tricks on his Instagram as well as his Facebook page (Everyday Dentistry by Dr Michael Frazis).

Dr Gergis is also an alumni of the Adelaide Dental School and currently practices in Adelaide. Follow his instagram for not only helpful tips and tricks but also some funny memes! I don't know why mullets are back :(

@dr.billgergis

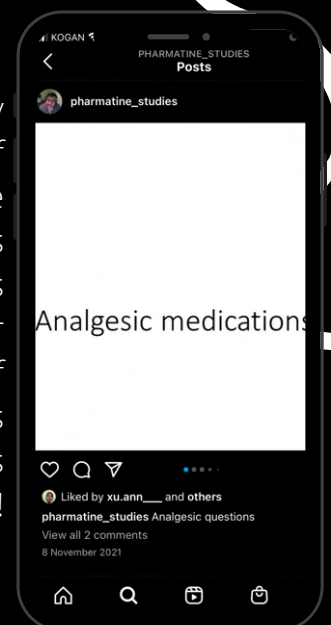


@dr.samkoh

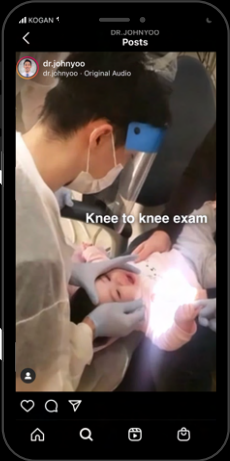
Dr Koh is a dentist in Melbourne who does heaps of amazing aesthetic dentistry work! My class IV Filtek restorations could never...

Professor Shakib has only taught me 1 class of pharmacology and my life has changed. His instagram includes concise, clear explanations of pharmacology content as well as example questions AND explanations!

@pharmatine_studies

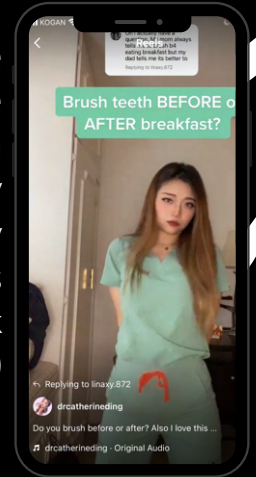


INSTAGRAM INFLOSSERS



@dr.johnyoo

Dr Yoo is a paediatric dentist based in NYC! He's recently opened up his own clinic which looks like if gen Z, wacky warehouse, and a dental clinic had a baby. Unrelated but he was auctioned on SAD (iykyk) a few years back. He's got heaps of paed tricks on his reels.



Dr Ding is an orthodontist from the US. She does Kpop dance covers on her instagram too! If I'm completely honest, sometimes my friends ask me braces questions and I just look it up on her reels :00

@drcatherineding



@sarangdmd

Dr Choi is a dentist also based in NYC, she has a YouTube channel (check out her collab with Dr Yoo). She does a lot of tiktok dances with her assistant. My dream is that my clinic drip is as good as hers when I graduate.



Dr Kahng is also a dentist from the US. She shares heaps of tips and tricks for patients that I don't even know about. I think some of her videos went viral. She's also got a really cute baby.

@joycethedentist



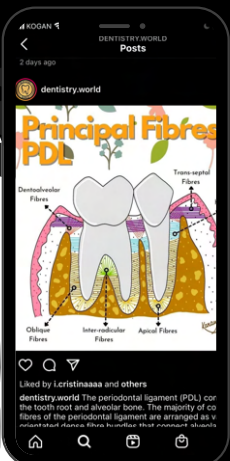
@refinedentistry

Dr Lam is another US-based dentist, He has his own clinic and he does a lot of tiktok trends on his Instagram. His clinic looks really aesthetic (black masks and gloves!)



Dr Rosenthal is an LA-based dentist, his patients include celebrities like Chloe Kim, Chase Huddy, Madison Beer, and Avani!

@drgaberosenthal



@dentistry.world

Dentistry World is a dentistry educational page, it features cases completed by dentists, memes, tips and tricks, and educational information!

by Jingyang Li

ANGEL SY FENG

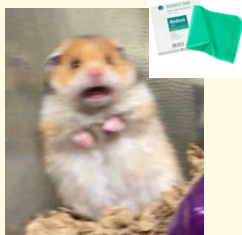
The evolution of the dental student

Dental school is an interesting place. Stepping in as youngans, we shall spend the next half a decade turning from laymen to professional, and in the process, ageing greatly indeed. This metamorphosis is often one characterised by sweat, tears and lots of humor. Here, we document this incredulous growth.



Year 1

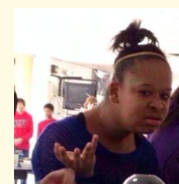
- 50% excitement 20% nerves 20% homesickness 10% worrying about actual school stuff.
- Joins all the events by AUDSS
- Lots of selfies in SIM and clinic (hey it's my first time looking like a real dentist ok)
- Detailed travel log for April break, winter break, Sep break and most importantly the summer break.
- After sem 1, sick and tired of seeing extracted teeth.
- "Is rubber dam the hardest thing we're learning for SIM this year?"



RD phobia is real

Year 2

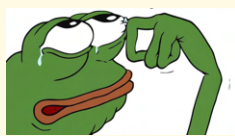
- 1 month in I feel like I've done 3 months of school already.
- Asking left right and centre for notes on embryology (that shiz is hard)
- Continuing the customary 18th street supper after night clinic.
- Pondering if we should actually throw a shoe at Dr Ranjitkar since he requested.
- Neck and back starts to hurt after a while - I am growing old indeed.



Mood 80% of the time

Year 3

- Wow I am actually seeing a real patient for the first time
- Not used to the mid-jan start - where you my holidays?
- FTAs FTAs and more FTAs (join me on the struggle street)
- "I've done all the prep, only thing left is go to my patient's house and fetch them"
- Sweating as tutor assess your clinic work.
- Lost as heck at the start of ortho and endo.



Oh my dear patient, please show up

Year 4

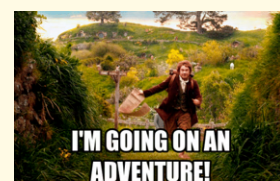
- PCPC is basically pain and lack of sleep.
- Clinic- literally on steroids this year
- We demand for OD equality.
- "When's the next OD session again?"
- Monday - death by lectures
- "Did someone see my blue lab box?"
- Struggles year then I'm free



I AM NOT TIRED
Let's keep living in this delusion

Year 5

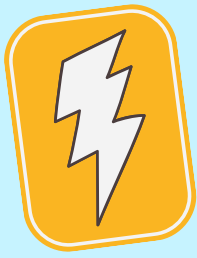
- ISTG I can almost see the light at the end of the tunnel :')
- Rural placements AKA great excuse to travel and live with ma mates.
- Actually need to start thinking about my first job out.
- Can't wait for my declaration cert man.



I'M GOING ON AN ADVENTURE!



Congratulations for surviving the evolution now time to enjoy life and be a tooth fairy.



DALENA LY Dental De-Stress



Dental school often involves demanding and rigorous training, which, although useful in preparing us to be adequate dentists, doesn't help our mental health in the same way. Stress is normal and some of it can even motivate or challenge us but in excess, can result in poor well-being or illness. Here are 12 ways that you can take charge of your dental school stress!



(1) Address cause of stress

Identify the exact cause of your stress and attempt to resolve it directly to change the circumstances that give you stress. For example, if schoolwork is stressing you out, bring this up to your tutors/lecturers or fellow students and seek advice.



(2) Have a plan

Set up a plan to manage your stress. This can be short-term or long-term, event-specific (e.g. around exam times), or just for everyday purposes. For example, a plan can involve setting up a specific block of time in the day to engage in an activity that relaxes you.



(3) Organise yourself

Lower stress levels (both in the short and long-term) by being organised and keeping on top of things. If you plan ahead, you will be able to make the most of your time and you will likely stress less. This can include having a cheat sheet of systematic steps for clinic, planning what tasks you want to complete in the days ahead etc.



(4) Know your strengths, goals & motivations

You can write down your achievements and strengths on a sticky note or in a journal so you can always refer back to it when times are tough. It's easy to forget what you have accomplished so far (being here is an amazing feat on its own!) when you are so caught up in dealing with the present and the future.



(5) Exercise

Whether it's a walk outside with your dog, jogging, gym workouts, or sports, exercise is a great way to take a break from studying and there are the added benefits of increased energy, improved sleep, and mood. Schedule it into your day so you aren't stressed to make time for it



(6) Eat Well

As stressed-out students, we often cope by stress eating or getting 'hangry' - basically, improving our mood with food. Although a beneficial short-term solution, it can worsen our mood. A healthy and balanced diet is key to managing stress so give your body and brain the right vitamins, minerals, proteins, healthy fats, and complex carbs to work at their best. In return, you can experience improved sleep quality, concentration and mental wellbeing.



(7) Sleep Well

Following a consistent sleep schedule & getting 7-9 hours of sleep at night consistently can improve your mood upon waking up (so you don't feel groggy and rush to class late and unprepared), increase alertness and reduce stress. To get some good shut eye, it's important to create a good sleep environment (e.g. avoiding caffeine, exercise and digital screens before sleep, sleeping in a comfortable and dark room with little distractions etc.

(8) Engage in relaxation techniques

This can include breathing exercises, yoga and meditation. Whether it's 2 or 20 minutes per day, we can trigger the body's calming response to manage stress. Research and experience all forms of breath control and you'll be sure to find something that suits you



(9) Practice mindfulness

We often go through our daily routines on autopilot without noticing what is actually going on (e.g. eating the whole packet of chips in front of the TV without noticing the flavour). Mindfulness is a mental state that forces you to think about the present (i.e. what is going on in/around you, your feelings/thoughts, what you feel/hear/taste etc.), without judgment or distractions. This can help in reducing anxiety and stress, managing mental health conditions and improving sleep quality (among many other benefits). This can range from breathing exercises, journaling your thoughts or just mentally talking to yourself so research and experience to find what suits you best!

(10) Socialise

Discussing your problems with someone you trust often puts the problem into perspective - whether it's your family, friends or counsellor. Talk about your stress triggers, how you feel etc. If there's no one to talk to, there are other methods such as journaling, which allows you to spill your thoughts in writing. Know that stress is never something you should feel embarrassed to talk about - we all know what it feels like to be stressed simply by being here!



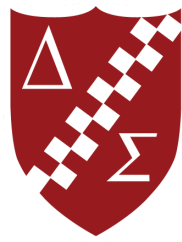
(11) Know what helps you relax & engage in it

Being here means every day is probably a stressful day (and if it isn't yet, it probably will be at one point). It's important to do at least 1 enjoyable activity every day to reduce the build-up of stress. If you don't know at all, there's no better time than now to step out of your comfort zone - list out all the things you've never tried before and engage in them for a bit to find out what works for you.



(12) Resources

There is a wide range of resources to help you manage stress including (but not limited to)- university resources (Wellbeing Hub, TalkCampus app, counselling support, peer mentoring programs), meditation apps (Calm, Headspace), breathing resources (e.g. Reachout.com) and more. Search them up or find your own to tackle stress and thrive in your student life!



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