

# THE CHRONICLE MONTHLY

THE OFFICIAL PUBLICATION OF THE  
AMERICAN ASSOCIATION OF WOMEN DENTISTS

highlights



## PRESIDENT'S MESSAGE

LAUREN AGUILAR, DDS  
AAWD PRESIDENT



For many people, May ushers in spring blooms and warming weather. For 5% of Americans, May may offer a reprieve from Seasonal Affective Disorder (SAD). Mental Health America reports that four out of five people who suffer from SAD are women. Mhanational.org reports that 22% of Americans suffer from depression. May is designated Mental Health Awareness month, in which people are encouraged to support mental health in various ways. The National Alliance on Mental Illness is hosting a 2022 campaign: Together for Mental Health (#Together4MH). The campaign invites healthcare providers to engage with people to raise awareness about Mental Health. For example, by hosting a book club that includes titles and conversation relevant to mental illness. "Turtles All the Way Down" by Jon Green; "On Edge: A Journey Through Anxiety" by Andrea Petersen; "Crazy Is My Superpower" by AJ Mendez Brooks; "Eleanor Oliphant Is Completely Fine: A Novel" by Gail Honeyman; "The Lonely Century" by Noreena Hertz are a few examples.

After two years of isolation during the COVID-19 pandemic, mental wellness has moved to the forefront as an integral part of overall health. In 2020, Congress passed legislation making 9-8-8 the nationwide mental health hotline number. As dental healthcare providers, this is an important component of patient wellness that may need an update in some of our health history exams. For more patient resources, the National Alliance on Mental Illness and Mental Health America are two research-based organizations aiming to bring awareness to Mental Health in America.

May 8, Mother's Day, also begins National Women's Health Week. The CDC suggests making mental health a priority, in addition to physical health. The office on women's health (womenshealth.gov) offers suggestions on how to participate in #NWHW that include self-care practices that aim to improve mental wellness. Another important resource to continue to share is SAMHSA's National Helpline - 1-800-662-HELP (4357) a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Please make these resources available to your friends, family and patients. Seek the support you need to support others around you. As women, we often overlook our own needs to care for others'. I hope this May you're reminded that you are a priority. As always, my email is open to any and all conversation.

@womendentists

# Breaking Barriers at Tufts University:



AS QUOTED IN TUFTS NOW:

WOMEN AT TUFTS UNIVERSITY SCHOOL OF DENTAL MEDICINE (TUSDM) REACHED A MILESTONE RECENTLY WHEN THE SECOND-YEAR CLASS ELECTED FOUR WOMEN TO FILL ALL THE SEATS ON ITS EXECUTIVE BOARD FOR THE FIRST TIME IN TUSDM HISTORY. WHILE THE FOUR CLASS OFFICERS SEEM UNFAZED BY THEIR FEAT OF GLASS-CEILING-BREAKING—THEY DIDN'T EVEN REALIZE THEY WERE A “FIRST” UNTIL INFORMED BY ONE OF THE DEANS—THEIR ELECTION IS ANOTHER REMINDER OF THE CHANGING DEMOGRAPHICS OF THE DENTAL PROFESSION. WHILE WOMEN MADE UP ABOUT 35% OF PRACTICING DENTISTS IN 2020, THE AMERICAN DENTAL ASSOCIATION PROJECTS THEY WILL REACH 50% BY 2040.

[READ THE FULL ARTICLE HERE!](#)



*Make a donation in honor of the special mom in your life*

*smiles for success*  
AAND

**Click here to**  
**donate to SFS!**

*Happy Mother's Day*

THINKING OF YOU



MOTHERS WHO  
HAVE LOST  
CHILDREN



THOSE WHO HAVE  
LOST MOTHERS



THOSE WITH  
STRAINED MOTHER  
RELATIONSHIPS



MOTHERS WITH  
STRAINED CHILD  
RELATIONSHIPS



THOSE WHO HAVE  
CHOSEN NOT TO BE  
MOTHERS



THOSE YEARNING  
TO BE MOTHERS

**WE HEAR**  
*you*

We have recently received a number of calls, emails and messages from members. Our board of directors is working diligently to address these. Please know you are HEARD.



**COCOCAY, BAHAMAS**

SAILING FROM FT. LAUDERDALE

**NOVEMBER 4-7, 2022**

**REGISTRATION IS OPEN!**

*For more info visit...*

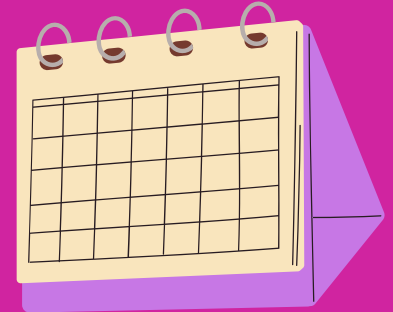
**[WWW.SMILESATSEA.COM/AAWD](http://WWW.SMILESATSEA.COM/AAWD)**

## CONGRATS TO THE 2022 ELEANOR BUSHEE AWARD WINNERS!

Emma Miller  
Ana Lucio Toro Alfaro  
Erika Matinez  
Joanna Haewon Seo  
Youstina S. Beshay  
Katherine Michael  
Julia Vanzelli  
Hailey E. Bivens  
Taylor D. Cummins  
Tabitha Hanson  
Annika Johnson

Hannah E. Machine  
Alexandra Fuller  
Kathryn Ellen Veltman  
Alexandria Farrell  
Chloe Doto  
Candace Lee Fiedler  
Kate Eaton Trieschman  
Sara Hosseini  
Brooke Wiggins  
Ana Hu  
Nicole Lee Bundy LeClair  
Morgan Elizabeth Feldpausch

Amanda Nikho  
Kelly Chick  
Annalise Lynn Avers  
Madison Cohen  
Sara Darowich  
Emily Brooks  
Megan A. Bearden  
Dominique Oliver  
Katherine Takacs  
Sarah Stewart  
Valeria Linera



### MAY

**National Mental Health Month**  
**National Pet Month**  
**National Save Your Tooth Month**  
**3: Part 1 Get FIT Webinar**  
**12: Implant Webinar**  
**21: Armed Forces Day**  
**22: AAO Meeting Begins**  
**26: AAPD Meeting Begins**

### JUNE

**JH Bayless and SOY/COY Award Nominations Open**  
**Annual Meeting Registration Open**  
**10: HDA Meeting begins**  
**16: Perimenopause Webinar**  
**30: LHT Award Deadline**

## Dental Product Spotlight



Over the last 13 years in dentistry, I have tried almost every dental hygiene product available in order to make good recommendations to our patients. I believe that the key to maintaining the excellent restorative work I deliver is stressing to patients the need for meticulous home care. To date, the best floss I have ever used (and continue to use) is Cocofloss. To my knowledge, it is the only woven floss coated in coconut oil. It effortlessly glides through contacts, has a great, but not overwhelming flavor and doesn't cut my gum tissue when I slide it into the sulcus. I recommend it to patients, give it for gifts, keep some in my desk and car...I LOVE IT.

**Lauren Massey Williams, DMD**

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**800-920-2293**

**[@womendentists](https://www.instagram.com/womendentists)**

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A BANK OF AMERICA COMPANY

**Juno** Formerly  
LeverEdge

**GEICO®**  
#MemberDiscount

**MC** **MERCHANT COST  
CONSULTING**

**HOPETOWN**  
D E N T A L L A B

# MEMBER BENEFIT



*spotlight*

**Juno** Formerly  
LeverEdge

Juno uses the power of group buying to help people get lower interest rates on new student loans and student loan refinancing. They help thousands of people nationwide save on their student loans, and tackle student debt with a plan that works. This free resource has changed the lives of so many who struggle with the rising costs of higher education. Let them help you!

Deals we think you'd love:

- Undergraduate loans: For undergrads who've hit the caps on Federal Student Loans. Our deal takes off 1% on interest (ex. 5% ->4%) & has no origination fee.
- Graduate loans: A good alternative to Federal Loans for people with good credit or a co-signer. All graduate deals feature cashback rewards.
- Refinance loans: Best for people with a steady income. Depending on borrower location & occupation, we'll recommend the best option. Most deals feature cashback or a rate reduction.
- International health insurance: For those looking for a cheaper alternative to signing on with a university's mandatory insurance plan.

**GHMF**  
GILLETTE HAYDEN  
MEMORIAL FOUNDATION

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