

THE CHRONICLE MONTHLY

THE OFFICIAL PUBLICATION OF THE AMERICAN ASSOCIATION OF WOMEN DENTISTS

highlights



@womendentists

#DIYDENTIST: TIKTOK TRENDS YOU MIGHT BE FIXING SOON

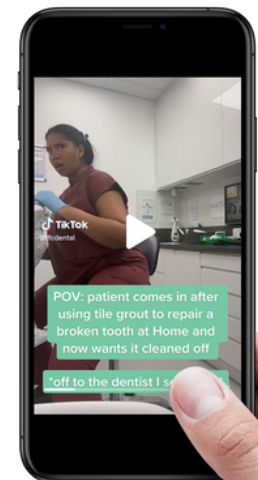
TikTok is a wealth of information, but how do we find and point patients to quality info?

If you're anything like me, you reluctantly joined TikTok during the Pandemic to distract yourself with dancing videos. Perhaps you mark your calendars as "Bones Day" or "No Bones Day" (RIP Noodle the Pug). Or maybe you've fallen into the "TikTok Made Me Buy It" trap. TikTok, like all social media, has become a hub of entertainment AND information. #Dentist, #DIYDentist, #TeethTok, and more have thousands of videos and millions of views. But with a wealth of info comes bad info. Read on to learn about some #DIYDentist trends that you might be repairing in the near future!

- #DIYOrthodontics: One recent viral video shows a young woman using rubber bands to close gaps. While the video is now private, it racked up 9.5 million views, several follow-up videos, and several desperate comments from dentists begging viewers not to try this at home.
- #DIYWhitening: Trends surrounding home teeth whitening range from buying knock-off whitening kits to using Magic Erasers or applying 3% hydrogen peroxide directly to their teeth.
- #SharkTeeth: One of the most destructive TikTok trends involves people filing their teeth into narrow pegs so that they can be fitted with crowns, or in some cases, what the subjects mistakenly believe are veneers. While dentists have pointed out in replies that veneers often require little or no prep, let alone grinding your teeth into nubs, these videos continue to appear frequently.

What can we do to combat these dangerous trends? The most obvious (but time-consuming) strategy is to use the platform itself to dispel these trends. Several TikTok Dentists duet or stitch the problem videos, reacting and explaining the dangers of the video. Consider also

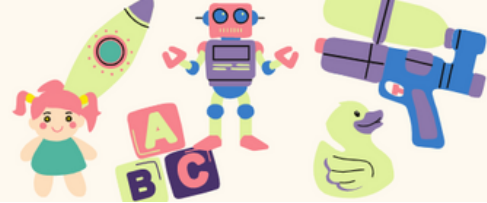
- Emailing or texting your patients, particularly the parents of teens, to alert them to these trends and warn them of the dangers.
- Posting info on your practice's social media about the danger of these fads and alternatives.
- Talking to your teen patients about safe ways to fix imperfect smiles, such as cleanings, orthodontics, cosmetic procedures and professional teeth whitening.





DECEMBER

safe toys and gifts month



When it comes to toys and gifts, it is critical to remember to consider the safety and age range of the toys. Prevent Blindness America has declared December as Safe Toys and Gifts Awareness Month. The group encourages everyone to consider if the toys they wish to give suit the age and individual skills and abilities of the individual child who will receive it, especially for infants and children under age three.

This holiday season (and beyond), please consider the following guidelines for choosing safe toys for all ages:

- Inspect all toys before purchasing. Avoid those that shoot or include parts that fly off. Toy should have no sharp edges or points and should be sturdy enough to withstand impact without breaking, being crushed, or being pulled apart easily.
- When purchasing toys for children with special needs, try to: Choose toys that may appeal to different senses such as sound, movement, and texture; consider interactive toys to allow the child to play with others; and think about the size of the toy and the position a child would need to be in to play with it.
- Be diligent about inspecting toys your child has received. Check them for age, skill level, and developmental appropriateness before allowing them to be played with.
- Look for labels that assure you the toys have passed a safety inspection - "ATSM" means the toy has met the American Society for Testing and Materials standards.
- Gifts of sports equipment should always be accompanied by protective gear (give a helmet with the skateboard)
- Keep kids safe from lead in toys by: Educating yourself about lead exposure from toys, symptoms of lead poisoning, and what kinds of toys have been recalled; being aware that old toys may be more likely to contain lead in the paint; having your children wash their hands frequently and calling your doctor if you suspect your child has been exposed to lead.
- Do NOT give toys with small parts (including magnets and "button" batteries which can cause serious injury or death if ingested) to young children as they tend to put things in their mouths, increasing the risk of choking. If the piece can fit inside a toilet paper roll, it is not appropriate for kids under age three.
- Do NOT give toys with ropes and cords or heating elements.
- Do NOT give crayons and markers unless they are labeled "nontoxic".

Consult Prevent Blindness America's [Safe Toy Checklist](#) for more info.



AAWD is thrilled to invite you to meet with our National Board of Directors and candidates for our 2022 Member Meeting! We are happy to share what AAWD has accomplished so far in 2022 and the organization's goals for 2023.

We are also excited to introduce our candidates for the upcoming Board of Directors elections! Get to know the candidates before casting your vote! Remember that AAWD wouldn't exist without women like you, and your vote is your voice!

Register Here! We can't wait to see you!



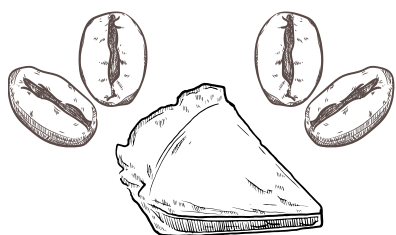
AAWD philanthropy Corner
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On behalf of AAWD Interim President, Dr. Daphne Ferguson-Young, and the national board, we want to thank those who attended the AAWD Meet-Up at the Greater New York Dental Meeting! Despite a cold and rainy day, we enjoyed an intimate gathering of AAWD members, New York dentists, and even several dentists from Iceland! We especially appreciate Thomas Passalacqua and The Smilist for sponsoring the event, attending, and sharing what the Smilist offers dentists in New York, New Jersey, Pennsylvania, and Connecticut! Learn more about the Smilist by [clicking here](#), and see their ad on page 4!



Salted Coffee Custard Pie

Coffee with Dessert? How about Coffee AS Dessert? This decadent pie combines dessert and coffee into one heavenly bite

Pie (without espresso powder and sea salt garnishes) can be made 1 day ahead. Cover loosely and keep chilled.



INGREDIENTS

CRUST

- 6 Tbsp unsalted butter, melted plus more, room temperature, for pan
- 2 cups old-fashioned oats
- ¼ cup all-purpose flour
- ¼ cup (packed) dark brown sugar
- ½ tsp. Morton kosher salt

FILLING

- 1 cup (packed dark brown sugar
- 2 Tbsp. all-purpose flour
- 2 Tbsp. instant espresso powder, plus more for serving
- 1 tsp. Morton kosher salt, divided

- 3 large eggs
- ½ cup unsalted butter, melted, slightly cooled
- 1 Tbsp. plus 1 tsp. vanilla bean paste or vanilla extract
- 1 cup cold-brew coffee concentrate
- 2⅔ cups heavy cream, divided
- ½ cup mascarpone
- 4 Tbsp. granulated sugar
- Flaky sea salt

HOW TO PREPARE

1. Place a rack in middle of oven and preheat to 350°. Butter 9 inch pie dish with unsalted butter.
2. Pulse old-fashioned oats, ¼ cup flour, ¼ cup dark brown sugar, and ½ tsp. salt in a food processor until oats are coarsely ground. Drizzle in 6 Tbsp. melted butter; pulse just until mixture comes together. Transfer to prepared dish; wipe out and reserve food processor.
3. Press crust firmly and evenly across bottom and up sides of dish with a flat-bottomed measuring cup. Bake until golden and surface looks dry, 25–30 minutes. Transfer crust to a wire rack; reduce oven temperature to 325°.
4. Pulse 1 cup dark brown sugar, 2 Tbsp. flour, 2 Tbsp. instant espresso powder, and ½ tsp. salt in food processor until no lumps remain, about 1 minute. Add eggs, ½ cup melted butter, and 1 Tbsp. vanilla bean paste or vanilla extract; pulse until smooth. Add 1 cup cold-brew coffee concentrate and 2 cups heavy cream and pulse until well combined.
5. Pour custard into crust (it's okay if crust is still warm). Bake pie until edges of filling are set and slightly puffed but center still wobbles when gently shaken, 40–50 minutes (filling will continue to set after baking). Transfer to a wire rack; let cool at least 3 hours, or, preferably, chill 12 hours.
6. Using an electric mixer, beat mascarpone, granulated sugar, ½ tsp. salt, ⅓ cup heavy cream, and 1 tsp. vanilla bean paste or vanilla extract until soft peaks form. Spoon whipped cream mixture over pie; swirl lightly to create divots and peaks.
7. Just before serving, dust with instant espresso powder if desired; sprinkle generously with flaky sea salt.

AAWD philanthropy Corner



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