

THE CHRONICLE MONTHLY

THE OFFICIAL PUBLICATION OF THE
AMERICAN ASSOCIATION OF WOMEN DENTISTS

highlights



Call for Committee Members

Help AAWD continue to be the leading resource for advancing, connecting, and enriching the lives of women dentists.

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Happy Tooth Fairy Day



2/28/2023

NOMINATIONS ARE OPEN



ELEANOR J. BUSHEE
SENIOR DENTAL STUDENT AWARDS

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GET READY FOR WOMEN'S HISTORY MONTH WITH AAWD

AAWD is excited to begin celebrating Women's History Month in March. This year, we embrace the International Women's Day theme: #EmbraceEquity. As Dr. Rambob mentioned last Issue, the world has seen the number of women dentists increasing, but that representation has not yet translated to leadership positions. For Women's History Month especially, it is essential to continue the work to advance women not only in dentistry in general, but in dental leadership.

AAWD offers women dentists a platform and voice that they may not have an equal chance of receiving in other dental organizations. AAWD is excited to plan events this Women's History Month that "Unleash HER Power" and encourage equity in dental leadership. Check out the upcoming events on page 4 and stay tuned for announcements for more information!

We want to hear how you are celebrating Women's History Month at your practice, with your students, in your personal life, and more! Share your stories and photos with us [here!](#)

Why do we embrace equity? From a psychological perspective, hugs can have several significant meanings and effects, both on the giver and the receiver of the hug.

Hugs are known to promote feelings of safety, comfort, and intimacy. When we hug someone, we activate the amygdala, which is associated with emotional processing and regulation. The amygdala releases oxytocin, a hormone also known as the "cuddle hormone," which promotes feelings of bonding and trust. Hugs can also have a positive effect on our mental health. Studies have shown that hugging can reduce feelings of anxiety, stress, and depression. This may be because hugging also releases serotonin and dopamine, two neurotransmitters associated with feelings of happiness and well-being.

So, begin this WHM with an embrace, and embrace yourself

Share your #EmbraceEquity photo with us by clicking the link above or emailing your photo and/or story to lindsay.abeln@internationalamc.com



embrace harmony
embrace unity
embrace women
and
(most importantly)
embrace yourself

~Lindsay Abeln,
AAWD Executive
Director

#embraceequity
#IWD2023
#aawdbettertogether

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National Tooth Fairy Day is a biannual event celebrated on February 28 and August 22nd that provides a *magical* opportunity for dentists to engage with their patients and raise awareness about the importance of good oral health. Take advantage of this day by educating your young patients on how to take care of their teeth and gums. Consider creating fun and interactive activities for children, such as coloring pages or tooth fairy-themed games, to make their visit to the dentist a more enjoyable experience ([get the AAWD Tooth Fairy Coloring Book by clicking here!](#)).

Read on to learn more about other cultures' tooth "fairies"!



The modern-day American tooth fairy was first mentioned in September 1908 in the "Household Hints" column of the Chicago Daily Tribune. In the article, the author recommends that kids should put their tooth under a pillow and mothers should replace it with a nickel. Then in 1927, Esther Watkins Arnold wrote a play for kids called The Tooth Fairy that made the tooth fairy a global phenomenon. Even though our version of the tooth fairy has only been around for about 113 years, people have been celebrating the loss of baby teeth for centuries.

The tooth fairy in many parts of the world is not a fairy at all, but is rather a mouse who collects baby teeth from children's bedrooms and replaces them with a small payment or gift. In Spanish and Hispanic cultures, the mouse is generally known as El Ratoncito Perez (though the name has some variations by region). France also has a tooth mouse, La Petite Souris. In fact, this friendly rodent with multiple names can be found collecting baby teeth and leaving coins in Russia, New Zealand, Mexico, Peru, Colombia, Chile, and beyond!



For the Yellowknife Dene (Canadian Indigenous peoples), losing a tooth is a family celebration. Mothers and grandmothers put the tooth in a tree and the family dances around – all to make certain that the new tooth grows in as straight as a tree. Mothers of children of the Navajo bury the tooth on the east side of a healthy young sagebrush, rabbitbrush, or pinyon tree. Children of Aboriginal Australians place their tooth inside a shoot of the pandanus plant. As the plant grows into a tree, the tooth will grow too.

Dating back to the 13th Century, Middle Eastern Tooth Fairy traditions are to throw their teeth up in the sky, toward the sun, in hopes that their new teeth grow in faster.



Children in Botswana, Brazil, Cambodia, China, Ethiopia, Greece, India, Korea, Singapore, Sri Lanka, Taiwan, Thailand, and Vietnam throw a lower tooth on the roof of the house. But if it is an upper tooth, they put it under the bed or throw it straight down to the ground. This is how they will the new tooth to grow toward the old one and come in straight!

In Ireland, the Tooth fairy is sometimes known as Anna Bogle. Anna Bogle is a mischievous young leprechaun girl who was playing in the forest one day and, to her dismay, knocks out a front tooth! She tries everything she can think of to put it back until she has an idea...to get a human child's tooth to put in its place. But leprechauns are not creatures who steal, so Anna leaves a piece of leprechaun gold behind for the child whose tooth she takes





AAWD Member Kate Hakala Provides Life-Changing Dental Care to Children in Akumal, Mexico

In October of 2022, long-time AAWD member Dr. Catherine (Kate) Hakala traveled to Akumal, Mexico, joined by her husband, Dirk Turner, and colleagues Laurel (Laurie) Hewlen and Jaime Boerner. Organized by Global Dental Relief (GDR), their mission was to provide comprehensive, first time dental care to the local children living in the pueblo, whose families often find dental care to be out of their reach financially or geographically.

Led by two GDR trip leaders, the group joined a diverse team of 16 volunteers – four dentists, one dental hygienist and nine general (or non-dental) volunteers – who traveled overseas from six different states in the US. Kate and her colleagues gave their skills and hearts to serve – with Laurie assisting chairside and Jaime keeping careful, organized records of each patient's visit. Over the course of five days, the volunteer team provided 611 children with critical dental care and oral health education (\$83,250 value) at no cost to the children or their families.

Children aged 6-18 years were brought in class by class. Each patient received an initial examination, followed by a cleaning and restorations and extractions as needed. After their treatments, patients were given fluoride varnish, a new toothbrush, and oral health education to improve awareness and future tooth brushing habits. "GDR has a focus on prevention and long-term outcomes rather than just doing emergency care," said Kate, "and I appreciate being able to include my staff members in the trip."

Global Dental Relief is founded on the belief that everyone deserves access to quality dental care, and that good oral hygiene starts in childhood. GDR aims to cultivate community through volunteerism and believes that everyone can make a positive difference.

The American Association of Women Dentists serves to Advance, Connect & Enrich The Lives Of Women Dentists, an endeavor that GDR fully upholds. A generous donor and veteran volunteer sponsors GDR's **Women In Dentistry Scholarship**, awarding \$1,000 volunteer scholarships to women in communities of color. 📌

ABOUT DR. KATE HAKALA

Dr. Kate Hakala graduated from the University of Colorado School of Dental Medicine, cum laude, in 1989.

Prior to that, she received a Bachelor's Degree in Dental Hygiene in 1982 and worked for several dentists before returning to dental school. Her father, Joe Hakala, started Hakala Family Dentistry in 1962 in Denver, Colorado, and it was an easy decision for Dr. Kate to join him in his busy general practice. Kate has been a member of AAWD since 1988, her last year of dental school. Through mentors and role models that she met through the association, Kate learned how to balance her family and career, and was happy to have the support in a field that was male-dominated at the time.



AAWD philanthropy corner
smiles for success
AAWD

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Global Dental Relief (GDR) is a 501(c)3 charitable organization established in 2001 to provide free dental care and oral health education to impoverished children in Nepal, India, Cambodia, Kenya, Guatemala, Mexico and Jenkins, Kentucky. GDR's commitment is to return to these same children every two years to provide continuity of care. Along with dental projects, GDR enacts an Oral Health Program in Nepal and Guatemala to distribute fluoride varnish, toothbrushes and oral health education in between clinics, as well as a School Lunch Program in Nepal to supplement meals with extra fruit and protein, with the knowledge that good oral health begins with proper nutrition. Since 2001, GDR has hosted 3,339 volunteers and treated more than 200,000 children. To learn more about Global Dental Relief, visit www.globaldentalrelief.org.

Member Spotlight



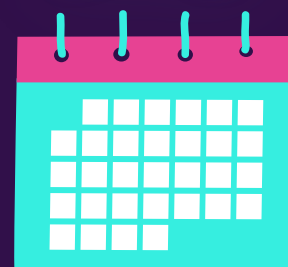
Divya Mudumba

Dr. Divya was born and raised in a Military family in India. She attended dental school in India and practiced as a Pediatric Dentist before moving to the US with her husband in 2016. She graduated from the Advanced Standing DMD program for foreign trained dentists at BU in 2020 and now owns her dental practice in Pittsfield, MA.

Dr. Divya is actively involved in organized dentistry in her state and local community. In addition to her practice, she currently serves as the Director of Marketing with Smiles for Success and serves as an SFS volunteer dentist. Dr. Divya serves on PACE Council of Academy of General Dentistry and was recently inducted as a Fellow in the prestigious Pierre Fauchard Academy in January 2023 and in International College of Dentists- India chapter in February 2023.

She lives in Western Massachusetts with her husband Sinu and 2 daughters, Aarna and Nyra. In her free time, she likes to travel and collect postal stamps from all around the world.

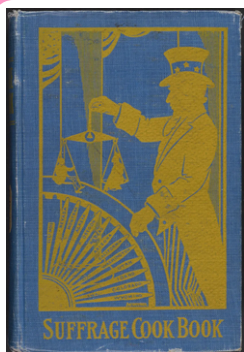
Upcoming Events



MARCH

6: National Dentist's Day
5-7: ADA Lobby Day
8: International Women's Day
11-14: ADEA Annual Session and Exhibition
16-18: Hinman Dental Meeting
20: First Day of Spring
TBA: AAWD WHM Networking Workshop
TBA: AAWD Member Listening Session with the AAWD National Leadership
TBA: Drilling Down on the Gram, an educational webinar with Dr. Brittany McCrorey
TBA: Unleash HER Power with Smiles for Success

We want to hear from you! What events would you like to see AAWD host? Click [here to share your feedback!](#)



Suffrage Butter Cookies

Perfect to pair with a cup of tea and a little girl power

HOW TO PREPARE

1. Preheat your oven to 350°F and line a baking tray with parchment paper.
2. In a large bowl cream butter and sugar with an electric mixer on high speed until light and fluffy, about 2 minutes.
3. Add in the flour and mix until the dough just comes together.
4. Turn the dough out onto a counter dusted with powdered sugar and gently roll the dough into a long two-by-two-inch log.
5. Wrap the log of cookie dough in plastic wrap and allow it to firm up in the fridge for at least 60 minutes but up to 3 days.
6. Once the dough is firm, slice the cookies into ¼-inch thick rounds. Place each round on your baking tray and bake for 18 - 20 minutes or until just golden.
7. Cool slightly before transferring to a cooling rack. Once cool the cookies can be stored in an air-tight container for up to 3 days.

INGREDIENTS

- 1 cup butter, softened
- ½ cup powdered sugar (sifted)
- 2 cups all purpose flour

Want to be featured or recommend someone as the next member or chapter spotlight? [Click here to submit to the next edition!](#)

AAWD Philanthropy Corner



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spotlight

The Professional Protector Plan® for Dentists (PPP) is proud to be AAWD's preferred provider of malpractice and dental practice insurance.

As part of their insurance program, they offer a highly regarded risk management seminar and would love to host a members only virtual webinar for AAWD! The seminar is 4.5 hours in length, offers up to 4.5 hours of CE credit, and provides a 10% professional liability credit for 3 years to PPP insureds. Not a PPP insured? If you attend the seminar and become a PPP insured within 1 year of your attendance, you will be able to add the credit to your new policy*!

Click below to take a brief survey to help us gauge member interest and accommodate meeting preferences. Thank you!

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