



THE CHRONICLE MONTHLY

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highlights



ADVICE FOR GRADUATES

Investing in Yourself has the Greatest Return on Investment

by Agatha J. Lynn, DMD

They say hindsight is 20/20 and you learn from your mistakes but here's a tip! You don't have to make them all yourself. You can learn a lot from looking back on someone else's, and it feels like I have made them all. I started my career in dentistry at the Medical University of South Carolina and became an AAWD member in my student chapter as a first-year dental student in 2003. After graduation, I entered private practice when I purchased an existing dental office. It's hard to believe that was 15 years ago. I've learned a lot since then and I hope sharing some of what I learned (mistakes and all!) will make life easier for those of you entering private practice (or any career path) as you get started.

Dental equipment reps will always try to sell you a new piece of equipment by telling you how much money you can make with it, but spend that money on yourself first. You won't regret it! You may be finished with dental school, but learning never stops in dentistry. In your first year of practice, take as much CE as you can in a variety of topics. They can be online webinars or local courses. You don't have to spend a lot of money but you want to expose yourself to as much as possible. Once you figure out what interests you, start investing in at least one intensive course every year on that topic. The practice I purchased had a lot of elderly patients with complex dental problems. I needed guidance on how to treat them and I was fortunate to get involved with one of the most renowned CE groups early on in my career. It changed my practice forever. I learned so much there but more than anything I learned to keep improving my skills. Time goes by quickly but if you start this right away you'll find yourself becoming an expert in something you love in a few short years. It keeps dentistry exciting for you and helps set your practice apart from others.

While you are investing in CE and your practice, don't forget to invest in self-care as well. Dentistry is physically and mentally demanding. Give your body and your mind opportunities to rest. Make time for things you enjoy, and, if time is tight, try to incorporate them into your work day. Do some yoga and stretching with your team at morning huddle. If you love travel, check out a CE course in a city that you've always wanted to explore. When your body says slow down, listen. Even if you can only take a short break. Find a quiet spot, breathe, stretch. Then start again. A healthy body and mind contribute to your success in dentistry more than anything else. I learned this the hard way. Too often I felt there was no time to slow down when my body told me it needed rest. I ended up sick or injured every time, and recovery was always more than I anticipated. In dentistry, we teach our patients that prevention is cheaper, faster and better than treating disease. We need to apply this to ourselves as well. Don't be afraid to invest time and money in yourself; after all, YOU are your greatest asset.



@womendentists

Meet the Graduates!!

Rachael Purvis Veazey, DDS
University of North Carolina



Zaytaun Professionalism & Ethics Award; AAOMP Pathology Award; Omicron Kappa Upsilon; graduated with Honors in Distinction in Community Service and Engagement; ADEA Academic Dental Careers Fellow; UNC AAWD Past President and Historian

Kaitlin Jones Wilson, DDS
University of North Carolina



SCADA Public Health Research Award; graduated with Honors in Distinction in Research from UNC Adams School of Dentistry; UNC AAWD Secretary

Janell Sayeda Hadid, DDS
University of Maryland Baltimore



*2021-2022 AAWD President
University of Maryland Chapter*

Talia Bishlawi Just, DMD
Southern Illinois School of Dental
Medicine



*Dean's Scholarship Winner,
Omicron Kappa Upsilon Honor Society
Member, former AAWD chapter president*

Alia Kabbara, DMD
Western University of Health Sciences



Magna cum laude

Ariani Garrido Castillo, DMD
University of Puerto Rico



*International Dentist from
Venezuela and now completed
the DMD program in the US*

Cesia M. Negrán Losada, DMD
University of Puerto Rico



*Founding member of Brigadas Salubristas
of Puerto Rico, Community and
Philanthropy Award ASDA 2021*

Meet the Graduates!!

*Keisy Banana-Baez, DMD
University of Puerto Rico*



Class 2023 vice-president, Dental Student Council treasurer, Leadership medal, honors medal, AAWD class 2023 representative

*Christina Gordon, DDS
Virginia Commonwealth University*



Eleanor Bushee Award Winner, VCU AAWD Vice-President, Patent pending inventor of flossing alternative for braces

*Patricia Serrano Lopsz DMD
University of Puerto Rico*



ADEA Fellowship 2021-2023

*Carolina Perez Rocha, DMD
University of Puerto Rico*



Graduarne de 4to. Ña puñeki

*Keisha L. Brady, DDS
Meharry Medical College*



1st Place at Meharry's Research Day in Public Health, Dr. Matthew Walker, Sr. Legacy Scholarship. NDA/Smile Direct Scholarship. Steps for Success Scholarship Fund. Frank and Pamela Royal Scholarship. Wooley Bush

*CyVanie Ramkelawan, DDS
Meharry Medical College*



Director of Patient Relations, Salt Wagon Dental Clinic, 2021-2023 President, Meharry Chapter of AAWD, 2021-2022 65th Annual Meharry Student Research Day 1st place recipient for the School of Dentistry

We want to celebrate YOU! Share your photo and information to be featured in the next issue by [clicking here](#) or emailing lindsay.abeln@internationalamc.com

Welcome New Members!

AAWD is Growing! Say hello to our newest members!

Dr. Alexis Bryant
Dr. Gargi Goswami
Dr. Sonal Shah
Dr. Caitlin Rosemann
Dr. Megan Todd
Dr. Gina Gomez
Dr. Andrea Montano
Dr. Negah Parsangi
Dr. Mimi Johnson

Dr. Louisiana Espinoza
Dr. Suzanne Bergman
Dr. Karen Wuertz
Dr. Caitlin Harrah
Shelby Ferebee
Dr. Nicole Kurlbaum
Dr. Nicole Muelleman
Michelle Tong

Upcoming Events

June

Pride Month

15: So I Graduated, What Now? Q&A Panel Discussion

18: Father's Day

21: 1st Day of Summer

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



Member Spotlight



Dr. Chutinan Supattrya was recognized for her outstanding achievement- the Outstanding Teaching Faculty Award at Harvard School of Dental Medicine!!

Chapter Spotlight



AAWD President-Elect Roya Zandparsa with Tufts Chapter AAWD presidents Giovanna Cusumano in pink and Samira Mulkamala in green-senior graduation gala May 12th Boston, MA.

Want to be featured or recommend someone as the next member or chapter spotlight? Click here to submit to the next edition!



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MEMBER BENEFIT



spotlight

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.

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- 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.
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