



# THE CHRONICLE MONTHLY

THE OFFICIAL PUBLICATION OF THE AMERICAN ASSOCIATION OF WOMEN DENTISTS



## highlights

### Save the Date



The Return of the AAWD Annual Conference!

September 26 - 29, 2024 Baltimore, MD



@womendentists #aawdbettertogether

### SUPPORTING



### SUPPORTING



@womendentists

## A message from the Board

Ambika Srivastava, DDS, AAWD Secretary/Treasurer

As your AAWD Secretary/Treasurer, I can attest to the incredible value of membership. It's not just an affiliation; it's an integral part of your dental career's success story. I became a part of AAWD when I was in dental school. I realized the importance of having likeminded individuals alongside of me. During my fourth year of dental school, I attended the MS Chapter for AAWD's annual meeting. There I saw and felt the community. From there, I continued to stay involved in AAWD and have now found my path to Board of Directors.

In my role on the board, I work hand-in-hand with the AAWD staff overseeing AAWD's finances and previous meeting's minutes. During the board meetings, I report the finances for the current month. The Bylaws Committee is another responsibility that I am heading. We are reviewing the Bylaws and making amendments as needed. It is imperative to work with the AAWD staff and Board to ensure that there is sufficient finances and governance documents for the continuity of the association and to pour back into our members.

If you're already an AAWD member, I'm genuinely grateful for your ongoing support. If you're contemplating joining us, I encourage you to take that leap and become a part of an extraordinary community that will empower you in your dental journey.

AAWD transformed my career, and I believe it can do the same for you. Thank you for being a crucial part of AAWD, and I look forward to the profound impact we'll continue to create together.



# AAWD BOARD ON THE MOVE! AAWD BOD MEMBERS ARE INDUCTED INTO ICD/ACD

Congratulations to AAWD's Director of Member Benefits, Vasiliki Maseli, on her induction as a fellow in the American College of Dentists. Dr. Maseli is a Clinical Associate Professor at Boston University Henry M. Goldman School of Dental Medicine.



The AAWD Board saw three members inducted as fellows in the International College of Dentists!

Dr. Isabel Rambob, AAWD President, is a Clinical Associate Professor at the University of Maryland School of Dentistry

Dr. Roya Zandparsa, AAWD President-Elect, is Clinical Professor & Course Director of Biomaterials Science at Tufts University School of Dental Medicine.

Dr. Lea Hachem, AAWD Director of Academic Affairs, is Associate Professor and Director of the Pre-doctoral Division of the Department of Periodontics at the University of Texas Health San Antonio School of Dentistry.

**Congratulations Drs. Rambob,  
Zandparsa, and Hachem!**

*Save the Date*

**The Return of the  
AAWD Annual  
Conference!**

*Stay Tuned for  
More Info!*

**September 26 - 29,  
2024  
Baltimore, MD**



# AAWD AT SMILECON 2023

The AAWD recently had the pleasure of making its presence felt at the SmileCon Orlando exhibit booth, and what an experience it was! Our time at the event allowed us to do what we do best—forge connections and inspire one another.

SmileCon Orlando was a hub of excitement, and our AAWD exhibit booth was no exception. It was a fantastic opportunity for us to connect with fellow members and women dentists from all corners of the dental world. We shared stories, experiences, and insights. There's truly something magical about being in a space where you're surrounded by individuals who understand the unique journey that women in dentistry undertake.



## October is Facial Pain Awareness Month

Facial pain can be debilitating, affecting one's ability to speak, eat, and enjoy life to the fullest. Conditions like Temporomandibular Disorders (TMD), migraines, and neuropathic pain can all manifest as facial pain, making it vital to understand, diagnose, and treat these conditions effectively.

Facial Pain Awareness Month is our opportunity to educate our patients, friends, and family about the importance of recognizing and addressing facial pain. It's also a great time for dental professionals to brush up on their knowledge of facial pain conditions and treatment options.

AAWD recently hosted 21st Century TMD Protocols, presented by Dr. Suzie Bergman, who covered a wealth of information on identifying and treating TMD.



**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](mailto:lindsay.abeln@internationalamc.com)**

Welcome New Members!

## AAWD is Growing! Say hello to our newest members!

Keelin Hurtt  
 Dr. Angela M. Yepes  
 Demitria Tsitsopoulos  
 Kipa Shakya  
 Harvi Patel  
 Delaney Davis  
 Tarina Patel  
 Dr. Shalini Subramanyam  
 Dr. Daria Borisova  
 Blair Boyles

Amelia Saldivar  
 Dr. Stephanie Houseman  
 Dr. Sujey Morgan  
 Brittany Smith  
 Dr. Nisha Manila  
 Traci Knowlton  
 Dr. Bonnie Savoy  
 Dr. Amel Hassan  
 Dr. Nicole Kimmes

## SHero Sanctuary

Even super SHeroes need space to unwind and shed the stress of our busy lives. AAWD endeavors to support the whole woman, including when she takes off her PPE or leaves the classroom. Welcome to our SHero Sanctuary, where you will find mindfulness and wellness tips for the busy dentist

### De-Stress with Your 5 Senses

The "Five Senses Exercise" is a grounding technique that uses all five senses to root down and feel entirely centered in the body. It encourages the brain to refocus from ruminating thought to right-now happenings. Take a deep breath and follow the 5 steps below. Focus on the sensations as you identify them. Just a few dedicated moments to being present can reset your focus. Take a moment at the end to take stock of how you feel before going back to your day.



Name 5 sensations you can feel in your body.



Name 3 things you can see.

Name 4 things you can hear.



Name 2 things you can smell.



Name 1 thing you can taste.



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

Promote the Future of Women in Dentistry



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## Upcoming Events

### October

21: AAWD at the World Dental Congress in Boston - Visit us in the Exhibit Hall!

### November Oral Cancer Awareness Month

TBD: AAWD Member Listening Session

23: Happy Thanksgiving!

26: Greater New York Dental Meeting

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

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# MEMBER BENEFIT

*spotlight*

Meet AAWD's newest  
sponsor **lenCRxgroup**  
consulting


LenDRgroup Consulting represents what's next in practice financing industry standards.

With our concierge approach, practice owners no longer have to burden themselves with finding a lender, navigating applications, and providing the long list of items required by underwriting...we do it all.

LenDRgroup Consulting Practice Financing experts offer more than just great service. Our years of experience in banking ensure that we know exactly how to have conversations with lenders. We know how to tell your story so that banks see YOU and not just the numbers.

And as a representative of many women in ownership, we know just how powerful your stories are...and just how necessary.

For AAWD Members only, we are offering a complimentary audit of your current practice financing or a 30-minute consultation.

 [Contact us today!](#)