

nothing but gratitude!

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

A message from the Board

Roya Zandparsa, DDS, AAWD President-Elect

It is with great honor and humility that I address you today as the President-Elect of our distinguished organization. Serving on the board of the American Association of Women Dentists has been a remarkable journey, one filled with purpose and passion. This esteemed role presents an opportunity for me to contribute to the legacy of excellence that our association has upheld for years. As we stand on the cusp of a new era, I am inspired by the incredible work our members have done and continue to do. The commitment to advancing dentistry, empowering women in the profession, and promoting oral health in our communities is awe-inspiring. It is our collective dedication that has shaped the path to where we are today, and it is your unwavering support that propels us toward a brighter future.

In my role, I pledge to champion your voices, your needs, and your aspirations. Together, we will continue to create an inclusive and empowering environment for all women in dentistry. We will foster mentorship, encourage leadership, and provide the resources necessary for personal and professional growth. Our commitment to service and outreach will remain a cornerstone of our mission, ensuring that the impact of our association extends far beyond the confines of our profession.

I eagerly anticipate the year ahead, and I invite each of you to engage with us, share your ideas, and be an active part of the AAWD community. Together, we can achieve even greater heights, inspire future generations, and make a lasting impact in the world of dentistry.

Thank you for your trust and support. Let us embark on this journey together, with determination and unity, as we continue to shine as the beacon of excellence in dentistry.

I eagerly anticipate our out conference from September 26th to 29th in Maryland and can't wait to see you all there!



@womendentists



AAWD MEMBERS ON THE MOVE!

AAWD Past Presidents Reunite at SmileCon



Dr. Tamara Berg, 2018 President with (L to R) Dr. Jennifer Cornell, 2012 President; Dr. Cissy Furusho, 2005 President; Dr. Daphne Ferguson-Young, 2020-2022 President, and Dr. Isabel Rambob, Current President



AAWD at World Dental Congress

As the Director of Corporate Relations for the American Association of Women Dentists (AAWD), I am delighted to develop partnerships with supportive organizations and have the privilege of collaborating on prestigious conferences. On October 21, 2023, the World Dental & Oral Health Congress invited AAWD to attend their successful 10th International Conference and Exhibition in Dental and Oral Health, Next Generation Dentistry for Better Overall Health.

L to R: Helina Tessema (Tufts University School of Dental Medicine D'24); Samantha Parad, DMD, RN; Maya Sunar (Tufts University School of Dental Medicine D'24)

HSDM Event Recap

On October 19th, 2023, Dr. Christina Kim-Gagnon visited HSDM to speak to AAWD students about her experiences in dentistry as a woman. Dr. Kim was able to provide students with her perspective on owning a private practice with her husband in Falmouth, MA, balancing work and family life, and her experiences in general and cosmetic dentistry. She went through cases that were meaningful to her career and underscored the transformative nature of cosmetic dentistry. Dr. Kim's story provided valuable life lessons that students were able to incorporate into their own plans for careers in dentistry.





L to R, top row and bottom row: Jeeshriya Rajan, Korina Lu, Alli Jepsen, Victoria Tian, Piper Boswell, Shawna O'Malley, Dr. Supattriya Chutinan, Val Ortiz, Dr. Christina Kim-Gagnon, Dr. Mikaela Brock, Heidi Shen, Chris Xu, Nikki Sivakumar, Aiysha Amjad, Alex Weinberger, Asli Pisano, Krisha Patel


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


SMILES FOR SUCCESS: EMPOWER WOMEN THIS GIVING TUESDAY

At Smiles for Success, we believe in the extraordinary power of women helping women. Our mission is to empower women to reach their full potential by giving the gift of a confident smile through cost-free, comprehensive dental care, and Giving Tuesday is the perfect day to join us in this transformative journey.

 **Empowerment Multiplies:** When you empower one woman, you are setting in motion a chain reaction of empowerment that reaches far beyond a single individual. An empowered woman becomes a beacon of hope, a source of inspiration, and a catalyst for transformation in her community and beyond.

 **Strength in Unity:** In our "Empowered Women Empower Women" campaign, we celebrate the strength, resilience, and boundless potential of every woman we serve. These remarkable women are not only overcoming challenges but also uplifting others with their stories and successes. Their renewed smiles radiate far and wide. They are living proof that when women support each other, incredible things happen.

 **How You Can Make a Difference:** This Giving Tuesday, you have the opportunity to be a part of something truly exceptional. The dental care provided through the Smiles for Success Foundation is fully funded through our volunteer dentists and donations to the program.

On this Giving Tuesday, let's come together to celebrate the power of women supporting women. Every dollar you give adds to the collective strength of women empowering women.  We express our heartfelt gratitude to all our donors, partners, and friends who make our mission possible.

[Click here to donate today!](#) 



SHero Sanctuary Practicing Mindfulness Throughout the Day to Keep Stress at Bay

By: Amanda Polley

Dentistry is undeniably demanding, with constant patient interactions and minimal breaks. Amidst the paperwork and fast-paced environment, stress and burnout can happen fast. Mindfulness can be a powerful tool in managing these challenges.

When practicing mindfulness, you gain insight into both your mental and emotional well-being. Think back to past stressful moments: did they stem from home issues, negative emails, challenging patients, difficult procedures, staff tensions, or skipped meals? By understanding what causes negative emotional states and what works for you to keep those states at bay, you can control your stress level throughout the day.

The mindfulness practices shared on AAWD's social media can help you be in tune with your internal self, providing strategies to handle negative emotions. Increasing self-awareness allows you to monitor emotions, understand strengths and weaknesses, and identify triggers. Understanding what happens around you and how you feel about it can help you manage a stressful situation before it begins. For instance, if you have a difficult patient coming in, prepare with a brief session of box breathing. Box breathing helps counter the stress response by bringing on the relaxation response. Or you could take a moment and listen to music that relaxes you. Simply listening to music can decrease your blood pressure, lower your levels of the stress hormone cortisol, and reduce your heart rate. If you are really stressed, dance to the music, get some of that negative energy out.

Mindfulness need not be time-consuming; it can be as small and as easy as you need. Learn what you need and what works best for you. Everyone is different, what works for someone might not work for you. Invest time into yourself and your future, get to know your inner self and how different mindfulness practices work for you.

Welcome New Members!

AAWD is Growing! Say hello to our newest members!

Natalie Hahn
Simran Kaur
Dr. Sonali Demla
Shaonee Mitra
Neha Kapur
Dr. Heidi Longi
Dr. Kokoreva Ekaterina

Dr. Julia Schipanova
Dr. Devon Ptak
Dr. Alona Orekhova
Samar Mohamed
Holland Conaway
Dr. Yevheniya Sokolova
Aida Mohammadi

Save the Date

**Innovate,
Inspire,
Impact:
Women
Dentists in
the Digital
Era**

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Baltimore, MD

Click Here to Learn More!

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



[CLICK HERE TO DONATE TODAY!](#)

Upcoming Events

November
Oral Cancer Awareness Month

23: Happy Thanksgiving!

26: Greater New York Dental Meeting

December

TBD: Launch of the NEW AAWD Member Portal

5: AAWD Student Chapter Advisor Meeting

7-15: Happy Hanukkah

25: Merry Christmas!

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
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Envisioned by dentists and for dentists, American Dental Institute was born with the mission of offering the best quality of training programs in Dentistry, taught by world-class faculty in a state-of-the-art facility.

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AAWD members also qualify for a 20% discount on courses at ADI. Visit americandentalinstitute.com to learn more about ADI's course offerings. Complete the form below to get your discount code!

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