



THE CHRONICLE MONTHLY

THE OFFICIAL PUBLICATION OF THE AMERICAN ASSOCIATION OF WOMEN DENTISTS

highlights

AAWD
American Association of Women Dentists

Women's History Month 2024

Event Series

Each Tuesday in March at 7:30 pm ET

Visit our *new* platform

We will be going live on December 1!

Save the Date

AAWD
American Association of Women Dentists

advancing, connecting, and enriching the lives of women dentists

The Return of the AAWD Annual Conference!

September 26 - 29, 2024
Baltimore, MD

Stay tuned for More Info!

@womendentists #aawdbettertogether

@womendentists

Preparing for Women's History Month

As we wrap up the month of love, let's infuse our hearts with the spirit of inclusivity in anticipation of International Women's Day (IWD). This February and March, the American Association of Women Dentists (AAWD) invites you to embark on a journey that combines the themes of love and empowerment under the IWD theme, "Inspire Inclusivity."

Love and Inclusivity: A Perfect Blend

Valentine's Day reminds us of the power of love, compassion, and connection. AAWD encourages you to extend these sentiments beyond personal relationships and into the professional realm. Let's celebrate the diversity that makes our community strong, vibrant, and inclusive. This year, our focus is on creating an environment where every member feels valued, heard, and empowered.

Strike the Pose: International Women's Day Signature Pose

International Women's Day, celebrated on March 8th, brings with it the opportunity to showcase our collective strength. The theme for this year is "Inspire Inclusivity," and it comes with a signature pose designed to symbolize unity and diversity. As you prepare to strike the pose, don't forget to wear your AAWD pins proudly. **Share your photos** with the AAWD community, celebrating the unique beauty that each member brings to our organization.



AAWD Initiatives: Marching Towards Inclusivity

Our commitment to inclusivity doesn't stop with a pose and a photo. AAWD is excited to announce our Women's History Month events and upcoming initiatives that inspire inclusivity in partnership with affiliate associations. Connecting with other women in dentistry and in healthcare at large will inspire new connections and enable us all to work together to effect positive change.

AAWD WOMENS HISTORY MONTH EVENTS

Click the Event Titles below to learn more and register!

AAWD WHM KICK OFF - INSPIRE TO ASPIRE

Join us for a captivating journey through the history of the American Association of Women Dentists (AAWD) in our Women's History Month kick-off event, "Aspire to Inspire." This insightful session will delve into the inspiring milestones and accomplishments of AAWD, celebrating the resilience and leadership of women in dentistry.

MAR
05
7:30 PM EST

UNIFIED STRENGTH: WOMEN SUPPORTING WOMEN AS AN INCLUSIVE TEAM

In collaboration with Dental Entrepreneur Woman (DeW), AAWD invites you to a panel discussion moderated by Dr. Isabel Rambob, AAWD President, and Anne Duffy, DeW President. Panelists include a dental practice owner, associate, office manager, and hygienist to offer an in depth discussion on how to create an inclusive practice environment.

MAR
12
7:30 PM EDT

BREAKING BARRIERS: WOMEN IN DENTAL EDUCATION

A distinguished panel of women in dental academia will discuss their unique career paths, challenges faced, and tips for success. This session provides a platform to explore the narratives of women reshaping the landscape of dental education, offering inspiration and guidance for those navigating the academic realm.

MAR
19
7:30 PM EDT

NAVIGATING CAREER PATHWAYS IN DENTISTRY: EXPLORING DIVERSE OPPORTUNITIES

This engaging panel discussion will focus on various pathways including hospital-based practice, Dental Service Organizations (DSOs), academia, associateship, and practice ownership. Our esteemed panelists, each an expert in her respective fields, will share insights, experiences, and valuable advice.

MAR
26
7:30 PM EDT

Looking Ahead: May Webinar with the American Medical Women's Association (AMWA): In May, AAWD will collaborate with AMWA to bring you a webinar focused on Sleep Apnea: Perspectives and Progress. This unique opportunity will explore how women in both fields can collaborate and learn from each other to advance their professional goals.

Get Ready to Inspire Inclusivity

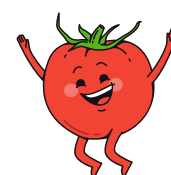
As we transition from celebrating love in February to empowering women in March, let's unite in our commitment to inspire inclusivity. Wear your AAWD pins with pride, strike the International Women's Day pose, and join us in these exciting upcoming webinars that will fuel your passion for excellence and collaboration.

Together, let's make 2024 a year where inclusivity thrives, and the power of women in dentistry reaches new heights.



SHero Sanctuary

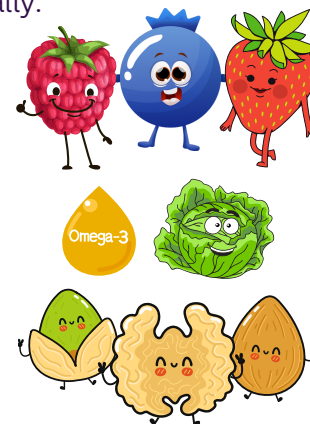
Healthy Hearts During the Month of Love



In the demanding world of dentistry, the burden of stress can manifest in ways that affect not only your daily life but also your heart health. Stress causes increased inflammation, which can lead to high blood pressure and lower levels of good HDL cholesterol. This February, let's take a moment to nourish our hearts with love and wholesome goodness.

Enter the realm of heart-boosting foods that can fortify us, both physically and emotionally.

- Avocado Love – creamy and packed with healthy fats, avocados emerge as true heart heroes.
- Berry Bliss – berries offer a burst of antioxidants, essential vitamins, and fiber.
- Omega-3 Wonders– fatty fish like salmon, mackerel, and trout join the heart-healthy feast, providing a rich source of omega-3 fatty acids that promote a happy and healthy heart.
- Green Goodness– dark, leafy greens such as spinach and kale stand out as nutrient powerhouses.
- Nutrient-Rich Nuts – walnuts, almonds, and pistachios bring a heart-boosting dose of unsaturated fats, fiber, and plant sterols to the table.
- Tomato Tango, tomatoes shine with their richness in lycopene, a powerful antioxidant.



This February, let's embrace a heart-healthy lifestyle by incorporating these delightful and nutritious foods into our daily routine. Together, as women in dentistry, we can prioritize our well-being and celebrate #WellnessWednesday with a focus on a #HealthyHeart. #AAWD #WomenDentists

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

AAWD MEMBER RESOURCE

Recommendations on the Use of Oral Orthotic Occlusal Appliance Therapy for Temporomandibular Joint Disorders: Current Evidence and Clinical Practice

AAWD Members have exclusive access to resources and articles in the AAWD Member Portal. Take a look at our newest resource from the Journal of Maxillofacial Oral Surgery.

This article seeks to resolve the current ambiguity regarding the use of oral orthotic appliances for TMD/TMJ therapy. The information provided is based on the current scientific and clinical evidence. This reference is made available by the Joint International Consortium on Oral Orthotic Occlusal Appliance Therapy for Temporomandibular Joint Disorders.

Thank you to Dr. Suzie Bergman for sharing this article with members! To read the full article, please [click this link](#). You must log in to your member portal to access the article. If you are an active member but do not yet have access to the new portal, select “Create Account” and enter your name and email address attached to your account.

Questions or issues accessing the portal? Email info@aawd.org

AAWD Member on the Move Congratulations to Dr. Ane Poly for winning 2024 ADEA/Gillette Hayden Memorial Foundation/AAWD Woman Dentist Tuition Scholarship

Dr. Ane Poly has been honored as the recipient of the 2024 ADEA/Gillette Hayden Memorial Foundation/AAWD Woman Dentist Tuition Scholarship. Currently serving as a Clinical Assistant Professor of Endodontics at Texas A&M School of Dentistry, Dr. Poly has been selected for this prestigious scholarship, offered by The American Dental Education Association (ADEA) with support from the Gillette Hayden Memorial Foundation (GHMF) in partnership with the American Association of Women Dentists (AAWD).

This scholarship grants a full tuition waiver for the ADEA Emerging Leaders Program, a program designed to equip early-career faculty members, demonstrating significant potential as future leaders, with the necessary guidance, insights, and skills essential for building a successful academic career. Heartfelt congratulations to Dr. Ane Poly on this remarkable achievement!

For more details about the scholarship, please visit:

<https://www.adea.org/FacultyAwards/ADEA-AAWD-Gillette-Hayden-Woman-Dentist-Faculty/>



Welcome New Members!

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

Tiffany Armen
Kathryn Young
Paige Zeigler
Kathryn Simon
Shelley Seidel
Rachel Zurcher
Bali Channa
Taylor DeHaven
Olivia Futrell
Kendall Hale
Emma Hull
Grace Mougey
Paige Schart

Perla Salazar
Hiroe Ohyama
Karin Irani
AWANI GUPTA
Aysenur Genc
Jasmine Shafagh
Nina Ivanova
Irina Orlova
Nasrin Sadeghi
Mallory Swedberg
Ashlea Willis
Sophia Broome
Sydney Gillis

Save the Date



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Annual Conference!

September 26 - 29,
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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

February

28: Tooth Fairy Day

March

Women's History Month

05: WHM Kick off
Session

12: Unified Strength:
A Panel Session with
DeW

19: Breaking Barriers

26: Navigating Career
Pathways in Dentistry

April **Oral Cancer Awareness Month**

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



Looking to shop?
Check out our
preferred vendors!

THE NEW AAWD MEMBER PORTAL

is here!

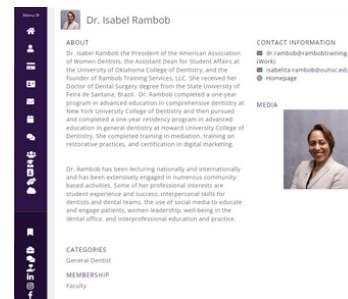
As we approach the month of March, we are thrilled to announce a series of events in celebration of Women's History Month. At AAWD, we believe in acknowledging and honoring the remarkable contributions of women throughout history.

Join us throughout the month of March for a variety of engaging and inspiring events that highlight the achievements, resilience, and impact of women within our field. You will find the list of events on the events page in your InfoHub

If you haven't done so already, please make sure to create your account in the new portal by [clicking here](#). Once you create your account, make sure to download the MemberPlus app to have access to the portal on the go (Download from the iTunes store here - [MembersPlus iOS version](#). NOTE: iOS 10 (or higher) are supported; download from the Google Play store here - [MemberPlus Android version](#)).

Once you access your portal, make sure to update your directory listing with your most updated contact information (and add some photos and a bio so other members can get to know you!) and explore the Active Member Directory.

We want your feedback! Do you have questions or concerns about the new portal? [Click here](#) to share your feedback! This link is also available in the portal in the left menu.



AAWD MEMBER PORTAL TIP: THE EVENT PAGE DID YOU KNOW THERE IS A WAY TO SEE THE EVENTS YOU HAVE REGISTERED FOR?

1. AFTER THE EVENT PAGE IS OPEN CLICK LIST VIEW
2. ONCE LIST VIEW IS OPEN CLICK CUSTOMIZE RESULTS
3. CHECK THE BOX I'M REGISTERED FOR OR HAVE ATTENDED

The list of events that you are currently registered for or have attended will be generated.

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