

THE CHRONICLE MONTHLY

THE OFFICIAL PUBLICATION OF THE AMERICAN ASSOCIATION OF WOMEN DENTISTS

highlights

Visit our *new* platform



We will be going live on December 11

AAWD Mentorship Program Applications are Open!



Self-Care Awareness Month



@womendentists

Prioritizing Self-Care for Self-Care Awareness Month

As women in dentistry, we often wear multiple hats—clinician, leader, mentor, and caregiver, to name a few. It's easy to prioritize the needs of others over our own, but self-care is not a luxury; it's a necessity. September is Self-Care Awareness Month, a perfect opportunity to reflect on our well-being and take steps to nurture ourselves physically, mentally, and emotionally.

Why Self-Care Matters in Dentistry

Dentistry requires precision, focus, and empathy. The mental and physical strains can take a toll on our health, leading to burnout, anxiety, and physical ailments like musculoskeletal pain. For women dentists and dental students, balancing professional responsibilities with personal commitments can be particularly challenging. Prioritizing self-care helps to maintain energy, reduce stress, and enhance overall job satisfaction.

Self-Care Tips

1. **Schedule 'Me Time':** Block out time in your calendar just for you. Whether it's a 10-minute meditation, a walk outside, or reading a book, make it non-negotiable. This time is essential for recharging and can help you be more present in other areas of your life.
2. **Ergonomics Matter:** Long hours hunched over patients can lead to chronic pain. Ensure your workspace is ergonomically optimized. Simple adjustments, like using a stool with lumbar support or stretching between patients, can make a significant difference.
3. **Mindfulness in Practice:** Incorporate mindfulness into your daily routine. Start your day with a brief breathing exercise or a gratitude journal. These small habits can help shift your mindset and prepare you for a positive, productive day.
4. **Stay Connected:** Don't isolate yourself in the busy flow of professional life. Stay connected with peers through AAWD's Member Portal, [AAWD's NEW Mentorship Program](#), or even a quick coffee chat. Sharing experiences with others who understand your challenges can be incredibly supportive.
5. **Physical Health First:** Regular exercise, a balanced diet, and adequate sleep are foundational to self-care. Small steps like taking the stairs, packing healthy snacks, and setting a bedtime reminder can help integrate healthier habits into your routine.

By embracing these self-care strategies, we can continue to excel in our profession while nurturing our own well-being. Let's use Self-Care Awareness Month as a reminder to invest in ourselves—because a healthier, happier you means better care for your patients and a more fulfilling professional journey.

Stretch Away the Strain: Self-Care Stretches for Women Dentists

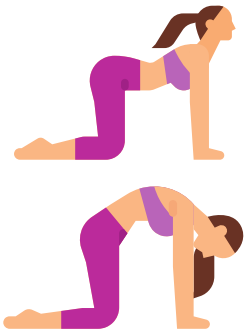
Section 1: Neck and Shoulder Relief

1. Neck Tilt: Sit or stand with a straight spine. Gently tilt your head to the right, bringing your ear towards your shoulder without lifting the shoulder. Hold for 10-15 seconds and switch sides.
2. Shoulder Rolls: Roll your shoulders forward in a circular motion for 5-10 repetitions, then switch direction.



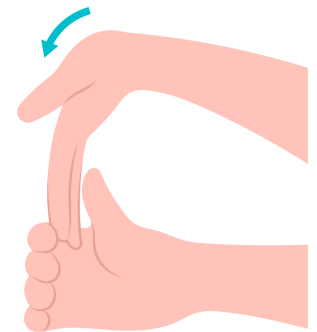
Section 2: Back and Spine Support

1. Cat-Cow Stretch: Start on all fours with wrists under shoulders and knees under hips. Inhale, arching your back and looking up (Cow pose). Exhale, rounding your back and tucking your chin (Cat pose). Repeat 5-10 times.
2. Seated Spinal Twist: Sit on a chair with your feet flat on the floor. Place your right hand on the back of the chair and twist your torso to the right, using your left hand on your right thigh for support. Hold for 10-15 seconds and repeat on the other side.



Section 3: Hands and Wrists Relief

1. Wrist Flexor Stretch: Extend your right arm straight in front, palm up. Use your left hand to gently pull back on the fingers, stretching the forearm. Hold for 10-15 seconds and switch sides.
2. Finger Stretch: Spread your fingers wide apart, then close them into a fist. Repeat 5-10 times.



Section 4: Posture and Core Strength

1. Wall Angel: Stand with your back against a wall, arms bent at 90 degrees, and elbows touching the wall. Slowly raise and lower your arms like a snow angel, keeping your back flat against the wall.
2. Standing Forward Bend: Stand with feet hip-width apart, then hinge at the hips, bringing your chest towards your thighs. Let your head hang and relax your arms towards the ground. Hold for 15-30 seconds.



AAWD Student Chapters in Action



Harvard



Howard



NOVA



U Puerto Rico



Tufts



UTSA

Congratulations Dr. Rambob: 2024 DentaQuest Health Access Hero

Congratulations to AAWD President, Dr. Isabel Rambob, for being named one of DentaQuest's 2024 Health Access Heroes!

DentaQuest recently announced its 2024 Health Access Heroes, who represent forward-thinking individuals or organizations taking action to increase access to health care and optimal health outcomes for people with the greatest needs and fewest resources. In addition to celebrating and promoting the work of the 12 Heroes, DentaQuest is making \$60,000 in charitable contributions — \$5,000 in the name of each Hero to a qualified nonprofit of their choice.



Ten years ago, DentaQuest launched the DentaQuest Health Equity Hero awards to shed light on health disparities nationwide and showcase how critical oral health is to overall health and wellness. This year, DentaQuest has renamed the program Health Access Heroes because accessing care is an essential step toward achieving health equity. The awards continue to recognize those responsible for extraordinary work that advances equitable access to care and thus optimal overall health.

As the president of AAWD, Dr. Rambob advocates for reducing bias, adjusting what pregnancy and family responsibility mean for women in the workplace, and empowering disenfranchised populations with an equitable environment to provide care and develop careers. And AAWD's sister organization Smiles for Success Foundation was formed to help women transitioning from welfare to work with no-cost oral health care, self-confidence and additional support.

Influenced by interprofessional practice inclusive of nursing, social work, medicine and pharmacy, Dr. Rambob teaches dentistry as a service for all patients. She is the University of Oklahoma College of Dentistry assistant dean for student affairs and clinical associate professor in the Department of Restorative Sciences, where she is planting the seeds that women can aim higher and that all students can have rewarding careers that include care for underserved populations.

Outside of education, she works towards an industry with "the freedom to provide appropriate treatment plans without forcing patients to choose between what they can or cannot afford." She helps nonprofit organizations find dentists who will volunteer their service to treat people in need, from homeless to those who are incarcerated and those who have survived abuse.

Dr. Rambob chose Smiles for Success to receive DentaQuest's \$5,000 donation. Consider joining Isabel in increasing access to care by volunteering with and/or donating to Smiles for Success! Click the links below to learn more!

[Donate to SFS](#)

[Volunteer](#)

Shape the Future: Join the AAWD Bridge to Brilliance Mentorship Program Today!

This fall, AAWD is launching the Bridge to Brilliance Mentorship Program, and we invite you to be part of the inaugural group. Whether you're a student or early career dentist seeking guidance, or a seasoned professional eager to mentor, this pilot program offers unique one-on-one connections. Join us as we shape the future of dentistry—sign up today to gain valuable insights or to share your expertise with the next generation.

[Click Here to Complete the Bridge to Brilliance Interest Form!](#)

Welcome New Members!

AAWD is Growing! Say hello to our newest members!

Dr. Anam Abidi	Marissa Klemmer
Dr. Yvette Alania	Amara Mbiowu
Gabrielle Haneline	Marlena Giannamore
Dr. Dawn Arnashus	Dr. Kenjula Brown
Dr. Helen Chiao	

Upcoming Educational Opportunities from AAWD's Partners



Save Hundreds of Thousands on Your Dental Office Lease – Free Seminars from California!

The Good Leasing Guidelines for Dental Offices is a fast paced, interactive educational seminar that provides dentists with the right knowledge and tools they need when dealing with their office lease and landlord. [Click here to see locations and dates.](#)



DENTAL EXCELLENCE SUMMIT FOR DENTISTS & ELITE TEAMS
December 5-6 in Orlando

Discover the latest advancements in dental technology, techniques, and business and growth strategies through engaging keynote presentations, and interactive panel discussions. From mastering cutting-edge treatments to optimizing practice management, every aspect of dental excellence will be explored.

AAWD Members can get 70% off registration! Visit [ADI's directory listing](#) in the AAWD Member Portal to access the discount code!

Upcoming Events

October

Dental Hygiene Month
 Orthodontic Health Month
4: World Smile Day
10: World Mental Health Day
16: Boss's Day
17-19: SmileCon

November

TMJ Awareness Month
 Mouth Cancer Awareness Month
1: National Brush Day
6: AAWD Webinar: TMJ Awareness
14: World Diabetes Day

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

Empowered Women Empower Women



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Our brand was founded to spark the genius  ⚡ within you. We aim to empower and connect; to spark conversation and radiate positivity; and to promote curiosity and self-discovery through our everyday accessories.

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