

THE CHRONICLE MONTHLY

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highlights



@womendentists

Give Smiles, Change Lives: Support SFS This Giving Tuesday

This Giving Tuesday, join AAWD in supporting the Smiles for Success Foundation (SFS), our philanthropic arm dedicated to empowering women in workforce reentry programs. SFS provides cost-free dental care to women transitioning to self-sufficiency, helping them regain confidence and achieve financial independence.

Why Your Support Matters

“Imagine preparing for a job interview while battling low self-esteem due to dental issues. For many women, a healthy smile can mean the difference between landing a life-changing opportunity and continuing to struggle. With your help, SFS transforms lives, one smile at a time,” says Dr. Rambob, AAWD President.

How You Can Make a Difference

- Donate:** Even a small contribution can help cover lab fees, materials, and administrative costs. Every dollar brings us closer to changing another life.
- Volunteer:** SFS is always looking for dentists to donate their expertise. Volunteers provide critical dental care while creating a lasting impact. [Learn more](#) about becoming a volunteer and [Click here](#) to submit a volunteer application!
- Fundraise:** if you are part of an AAWD student chapter or plan to host a holiday party, consider fundraising for SFS. If you have fundraising ideas, please reach out to info@smilesforsuccess.org to learn how we can support your efforts.
- Spread the Word:** Share the SFS mission with friends, family, and colleagues. Encourage others to contribute or volunteer.

Real Stories, Real Impact

Lisa, a recent SFS patient, shared her story of transformation:

"The day I received the call that SFS had found a dentist willing to do the work was the beginning of a blessed journey for me. My confidence grew, and I was finally able to land a job I love. Without this program, I wouldn't be where I am today."

“This Giving Tuesday, help us continue this critical work. Together, we can create opportunities and restore confidence for women across the country,” says Dr. Rawal, SFS President

[Click here to donate now](#) or visit smilesforsuccess.org to learn how you can get involved.

Let's make this Giving Tuesday about more than donations—let's make it about creating brighter futures.



Recap: Must-Know Facts About TMD Webinar

On November 6, AAWD hosted Must-Know Facts About TMD, led by Dr. Suzie Bergman. Attendees explored the complexities of TMD diagnosis and treatment while gaining practical insights to better support their patients and safeguard their own health.

Highlights from the Webinar:

- **The TMJ's Role in the Body:** Suzie discussed the critical importance of the temporomandibular joint (TMJ) in overall health and its far-reaching impact on daily functions like eating, speaking, and posture.
- **Understanding TMD Symptoms and Causes:** Dr. Bergman explained the common signs of TMD, such as jaw pain, headaches, and difficulty chewing, along with potential causes ranging from stress to anatomical factors.
- **Interdisciplinary Collaboration:** Suzie emphasized the need for a team-based, interdisciplinary approach to managing TMD, incorporating input from dentists, physical therapists, and other healthcare professionals.

The session emphasized the importance of early detection and the critical role dentists play in managing this often-overlooked condition.

Missed the Webinar?

The webinar recording is available for AAWD members to watch at their convenience. Log in to your account on the AAWD Member Portal, then click Resources, to access this valuable resource.

Support TMD Research and Awareness

Dr. Bergman also shared a related TED Talk, What You Should Know About TMJ Disorders, which dives deeper into the impacts of TMD and underscores the importance of holistic care. Watching and sharing this talk helps raise awareness and support research funding for TMD.

[Watch the TED Talk here](#)



AAWD Local Chapter Meeting

We're excited to invite you to the AAWD Local Chapter Quarterly Check-In Meeting on Tuesday, December 10, at 6:00 PM CT. This is a key opportunity for all current local chapter officers to connect, share updates, and collaborate as we continue to build a strong network of women dentists across the country.

Whether you're a seasoned chapter leader or just getting started, we welcome your participation and insights. Your involvement helps strengthen our AAWD community and ensures that we continue to advance, connect, and enrich the lives of women dentists.

[Register Today!](#)

AAWD Year-End Listening Session

Join us for our final event of the year, AAWD 2024: Celebrating Achievements, Charting New Horizons, December 11 at 6 PM CT!

This special listening session will bring us together to reflect on the incredible achievements of 2024 and look forward to the opportunities ahead. Here's what you can expect:

🌟 **Celebrating Excellence:** We'll present the 2023-2024 AAWD Awards, honoring members who have gone above and beyond in their service and dedication to AAWD and the dental profession.

🗣️ **State of the Association:** Hear from our board as they share key updates and their vision for the future of AAWD.

[Register Today!](#)

In October, We Wear Pink: Raising Awareness for Breast Cancer



This October, AAWD members and supporters united to shine a spotlight on Breast Cancer Awareness Month.

Thank you to everyone who participated in raising awareness and making a difference. Check out the photo collage of our members dressed in pink, standing in solidarity, and highlighting the role of dentistry in whole-patient care. Together, we continue to make strides toward a healthier future for women everywhere.



Last-Minute Thanksgiving Recipe: Stovetop Green Bean Almondine

Need a quick, crowd-pleasing side dish? This Stovetop Green Bean Almondine is a classic that can be whipped up in under 15 minutes using pantry staples. It's light, flavorful, and pairs well with any Thanksgiving spread!

Ingredients (Serves 4-6)

- 1 pound fresh or frozen green beans
- 2 tablespoons butter (or olive oil for dairy-free)
- 2 cloves garlic, minced (or ½ teaspoon garlic powder)
- ¼ cup sliced almonds
- Juice of ½ lemon (or 1 tablespoon bottled lemon juice)
- Salt and pepper to taste

Instructions

1. Prepare the Green Beans: If using fresh green beans, trim the ends. For frozen beans, thaw slightly if time permits.
2. Cook the Green Beans: In a large skillet, add ½ cup water and green beans. Cover and steam over medium heat for 5-7 minutes until tender but still crisp. Drain and set aside.
3. Toast the Almonds: In the same skillet, melt the butter over medium heat. Add the sliced almonds and cook for 1-2 minutes, stirring frequently, until golden and fragrant.
4. Add Flavor: Stir in the garlic and cook for 30 seconds until fragrant. Toss the green beans back into the skillet, mixing well to coat with the butter, garlic, and almonds.
5. Finish and Serve: Squeeze lemon juice over the beans, and season with salt and pepper to taste. Serve warm.

Welcome New Members!

AAWD is Growing! Say hello to our newest members!

Ryelyn Brown

Aubrie Franken

Alexis DeNicolo

Dr. Grace Creech

Alyse Dockter

Bianca Cappello

Mackenzie Cunningham

Dr. Sajitha Kalathingal

Labiba Mahmud

Aisha Diagle

Dr. Claudia Andrea Arias Molina

Upcoming Events

December

3: Giving Tuesday

10: Human Rights Day

10: AAWD Local Chapter Meeting

11: AAWD Member Meeting

25: Christmas

January

National Mentoring Month

1: Happy 2025!!!

11: International Thank You Day

Self-Care Spotlight: Managing Holiday Stress

The holiday season is filled with joy and celebration, but it can also bring its fair share of stress. From balancing work responsibilities to preparing for family gatherings, the pressure to "do it all" can feel overwhelming. This Thanksgiving, give yourself the gift of self-care with these simple, practical tips:

1. Set Boundaries: Remember, it's okay to say no. Whether it's skipping an event or delegating tasks, setting limits can help protect your time and energy.
2. Take Breaks: Amid the hustle and bustle, carve out moments for yourself. A 10-minute walk, a quiet cup of tea, or a short meditation can work wonders for your mental health.
3. Focus on Gratitude: Take a moment to reflect on what you're thankful for this year. Gratitude practices, like journaling or sharing with loved ones, can boost your mood and help you stay present.
4. Simplify Your To-Do List: Prioritize what truly matters and let go of the rest. The holidays don't have to be perfect to be meaningful.
5. Stay Connected: Lean on your support system. Whether it's a quick text to a friend or a heartfelt conversation with family, staying connected can help ease feelings of stress or loneliness.

This holiday season, prioritize your well-being. A little self-care can go a long way in helping you enjoy the festivities with a clear mind and a full heart.

Happy Thanksgiving to you and your family from all of us at AAWD!



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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spotlight



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JOIN FREE SAMPLE PROGRAM

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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!](#)