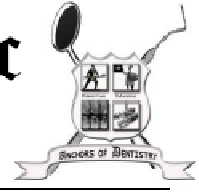




The Practicing Academic

The Department of Periodontics and Allied Dental Programs
(DPADP)



The Student Issue

January 2011



Chairman's Corner:

Developing a Mentoring Program for the Residents

Earlier this summer I was attending the high school orientation for my son who was an entering freshmen student at the University High School in Carmel, Indiana. Each student is assigned a faculty mentor, that meet with their assigned students every 2 weeks to review their progress. This got me thinking about our residents. We have residents from all over the world who come and study in our Department. We expect that our residents understand what is expected of them and that they hit the ground running right away. This can sometimes be a challenge as residents are adapting to a new system and for international students the expectations can be challenging at least initially. Having been in this situation myself, I definitely speak from personal experience. So I thought it would be prudent to develop a mentoring program for our residents. Accordingly, each of our residents has been assigned a faculty mentor within the Department to help guide them during the course of their study. This the first semester of this plan and it is still too early to judge its impact. Following the AAP meeting, I decided to take this one step further and seek out external mentors from among our alumni. The role of the external

mentor would be to review the still to be developed 'ePortfolios' that our residents will soon be compiling. Giving our residents the opportunity to interact with alumni and vice versa and to get some real world advice from them should go a long way in their development as Periodontists and future educators. I have since contacted several alumni to gauge their interest in being involved as external mentors. I have been very gratified with the overwhelmingly positive response. I would have expected nothing less from our alumni. I am hoping that by having both internal and external mentors, our residents will find that their journey through their graduate training becomes even more fulfilling than it already is currently.

Formation of the IU Periodontics Alumni Association

The formation of the IUPAA was a big first step and I am really glad that we were able to get this off the ground at our meeting in Hawaii. Dr. Scott Reef and Dr. Joanne Gaydos took the initiative to get the IUPAA established and moving forward with the help of Karen Jones, Senior Director, IUPUI Office of Alumni Relations. . The goal of the IUPAA is to engage and collaborate with our alumni in creative ways. Establishing a fund that will be used to help the residents in the program off-set travel costs to annual meeting is a major goal. I

sincerely hope that the alumni will continue to respond and participate in this very exciting opportunity.



Dr. Scott Reef Addressing the Gathering



We had an excellent turn out



We had a surprise visit from Dr. Jim Mellonig and his wife Karen

Paying Tribute To Our Past

It has always been important to me that we appreciate and recognize that our Department is what it is because of the people who have come before us. In this regard, I am glad that we completed a project to recognize our past chairpersons by having their pictures on the wall in the hallway of our graduate clinic. Thank you, Dr. Swenson, Dr. O’Leary and Dr. Hancock. We appreciate what the three of you have done for us, did for us and are continuing to do for us.



This issue of our newsletter is titled the “The Student Issue”. We have articles from Christopher Cumming (Junior Dental Student), Ali Sajadi (Junior Dental Student), and Dr. Matt Rowe (1st Year Resident). I know you will enjoy reading these articles and all the other information included in the newsletter.

Indiana-Moi University Dental Schools Begin Partnership **Christopher Cummings- Junior Dental Student**



The initiation of an academic partnership between Indiana University School of Dentistry and Moi University Dental School (Eldoret, Kenya) was established over three weeks in June, 2010. The Indiana School of Medicine has partnered with Moi for over 20 years. Three students and four faculty members traveled to Eldoret, Kenya to build on this already established infrastructure. The seven members designated their goals of the program to include collaborative research with Moi and to develop pioneering community-based dental programs. It must be emphasized that this effort was to involve efforts from both Indiana and Moi faculty and students.

The school-based programs in Eldoret included a dental sealant program which helped to gather epidemiological data about the children's oral health. This is Kenya's first ever school-based sealant program in which Moi Dental school set up stations to examine the children. Each child would sit facing the dentist or student in order to collect the following data: present teeth, missing teeth, carious teeth (DMF), or other abnormalities. Personal files

were created for each child as a means to record the data. Moi Dental School plans to return to each school to continue monitoring oral health and to identify children in need of treatment. Those in need of treatment will either be given sealants if indicated or if active caries is present a letter is sent to the parents to suggest a visit to the local dentist for proper care.

These services were provided at five primary schools in Eldoret. The variety seen in these population groups included: children with special needs due to developmental disability, incarcerated youth, two traditional primary schools, and street kids without adult direction or support. During the stay the IU counterpart took several Swahili lessons which allowed them to communicate with children not fluent in English (most Kenyan children learn English throughout grade school and Swahili at home). Simple conversing in Swahili such as asking a child their name, age, grade and asking them to



Students from IUSD: Chris Cummings,

Patrick Kelly, Chris Kutanovski

open their mouth allowed the group to work more efficiently and of course made the experience much more interesting.

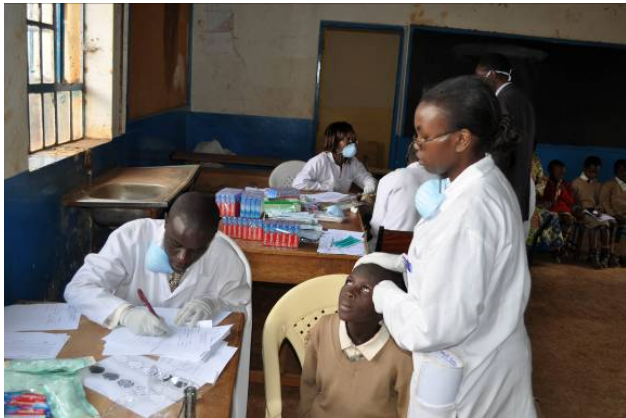
Future research to be initiated involves measuring the severity of fluorosis present in children using a fluorosis index. Fluorosis is a health issue in Kenya, particularly the Rift Valley area, because excessive natural fluoride exists in various areas with some cases leading to the crippling effects of skeletal fluorosis.

Indiana and Moi students spent time together working on clinical skills that the Kenyan counterparts had not encountered in their curriculum as of yet. IU students taught them about the use of a high speed hand piece to cut a preparation, using resin and glass ionomer

materials to fill the preparation, placing sealants, and taking/pouring impressions. Also, a demonstration in the ART (Atraumatic Restorative Technique) was used to teach both IU and Moi about its uses. ART enables dental providers to restore lesions without the use of powered dental equipment while in areas without such access, which is a common finding in Kenya.

This certainly is only the beginning of what is hoped to be a sustainable program. The shortest-term goal is to raise money for two Kenyan dental students from Eldoret (Moi) to spend a month in Indianapolis in April, 2011. There is also anticipation to continue sending IU faculty and students to Kenya on an annual basis to increase the strength of the partnership between IU and Moi.

The Faculty from IUSD that went on this trip included, Drs. Karen and Keith Yoder, Dr. Darlene West, Dr. Jeffrey Platt



Some Images of the Kids and Health Care Professionals in Kenya

A Dear Friend and Fantastic Mentor....My time with Dr. Tom J. Kepic



Ali Sajadi- Junior Dental Student

From the moment I met Dr. Kepic, I knew he was a person I needed to introduce myself to.

After giving a lecture at IUSD in May 2010, I met and spoke with Dr. Kepic about my interests in Periodontics and more importantly, in my desire to get to know him. With open arms, he offered me the opportunity of a lifetime to visit him in his practice in Upland, CA and without hesitation I took him up on his offer.

I landed in CA on a Sunday not knowing what to expect and really, not sure why I was given this great opportunity. Nonetheless, I stepped off of the plane an eager student and into Dr. Kepic's home as a part of his family. From the onset, I knew I was in the midst of a fantastically motivated, driven man with a passion for education and advancement in the field of Periodontics.

I started my week off visiting Dr. Jeff Henkin, Director of the Periodontics program at Loma Linda University School of Dentistry. Within minutes of stepping into the department, I was invited to observe and assist in a multiple implant placement case with an experienced graduate student, and I was intrigued by the dynamics shared between both faculty and students alike. With a recommendation from Dr. Kepic, Dr. Henkin gave me a personal tour of their department and shared with me the "inside scoop" on Perio at LLUSOD. Later that afternoon, I was fortunate enough to meet Dr. Jaime Lozada, Director of the Implantology department and Dr. Charles Goodacre, Dean of LLUSOD and former distinguished faculty of

IUSD. Day 1 was not yet complete and already I had met some of the most distinguished fellows in dentistry.

The next day was a real treat. I spent the entire day working with Dr. Kestic in his office and without a moment's rest, we were running from beginning to end. Observing his staff and office dynamic was amazing. The staff had such a wonderful ability to work together reaching a common goal to serve the patient's needs and under the direction of Dr. Kestic, they were fantastic to watch. Shadowing and spending time with Dr. Kestic meant that I had to be on my toes at all times. He not only practices Periodontics, but he is also a leader in his community serving as the President-elect for the California Society of Periodontists and a Director for the American Board of Periodontology. We spent that evening driving into the community to meet a local Periodontist in hopes of brainstorming and developing a plan of action for the upcoming CSP organizational year.



On my third day, Dr. Kestic arranged for me to visit with Dr. Donald Clem, president-elect of the American Academy of Periodontics at his office in Fullerton, CA and having the opportunity to work with him was delightful. I spent my time observing his joint-practice with Dr. Nelson Yen, and I was fortunate enough to spend the entire morning both sharing my thoughts with both Drs. Clem and Yen and watching them perform surgeries in multiple consecutive appointments. That afternoon, I again had the distinct honor of spending time with Dr. Clem at his practice in Upland, and with each day, the experiences kept getting better and better.

On my fourth day, I trekked down to USC's School of Dentistry to meet Dr. Hessam Nowzari, director of Advanced Periodontics. There, I was invited into the graduate seminar literature review and shared my thoughts on the potential complications noted with failed osseointegration of implants. Afterwards, I was invited into the joint Prosth-Perio seminar where Dr. Nowzari passionately spoke of a line of thought and research dedicated to the awareness of implant types and their importance in dentistry. That afternoon, I again was able to spend a few short hours with Dr. Kestic in his office taking part in assisting in several procedures and observing several others. On my fifth and last day, I spent the morning at Dr. Kestic's office participating and assisting in the placement of implant, and at that moment, I

knew that I shared the same great passion and I had to pursue a career following in his footsteps. Dr. Kepic not only created the perfect environment for me to experience a tremendous snapshot of the world of Periodontics in California, but he also treated me as his own son. For that, I owe him a tremendous debt of gratitude, but more importantly, the most influential aspect I took away from my time with him, is that perseverance and success on a scale that he had achieved come from hard work and a mutual and humble respect for helping others. I can only say that in this time I shared with him, I was definitely the lucky one and I now have a foundational friendship with a fantastic mentor.

Dr. Kepic, I owe you one! Many thanks to you and your family for such a fantastic experience!

A Call To Serve

Matthew J. Rowe, D.D.S.

IUSD Graduate Periodontics



Some of my favorite memories as a young boy were of afternoon walks with my father. We would walk, hand in hand, and I would ask him countless questions about his experiences in the Army. I would ask him what

he did at training, what guns he shot, what the gas chamber was like, why he joined the Army, and on and on I would go asking questions. My Dad was honorably discharged from the Army as a First Lieutenant. Ever since I was a little boy, I wanted to be in the military. I was fascinated by it. My grandfather was also in the Army. He served during World War II as a Sergeant and was honorably discharged. What greater honor could there be than to follow the footsteps of my grandfather and father.

When I was a teenager, I loved to target shoot and read Tom Clancy books. Mom never wanted me to join because I was her only son and she wanted to protect me. I prayed often that I might know what my vocation in life would be. I always had an interest in the medical field and I always felt a call to serve others. I had braces when I was in high-school and had quite a good relationship with my general dentist and orthodontist. I knew by the time I graduated high-school that I wanted to be a dentist. I attended Xavier University in Cincinnati, OH and graduated with a BS in Biology. Xavier was an ROTC (Reserve Officer Training Corps) campus and I had several roommates who were training to join the military. I always wished I could be one of them.

I graduated from the Indiana University School of Dentistry with my D.D.S. in May of 2010 and began my residency in the Graduate Department of Periodontics at IUSD shortly thereafter. Throughout my time at IUSD, I had attended several meetings where various branches of the military would pitch their deals at us to try to get us to join and help pay for our education. I had never forgotten about my desire to join the military, but it was not at the forefront of my brain while I was concentrating on my dental studies. However, after attending these meetings I began to again think about joining the military. My parents had always helped fund my education and I was ready to repay them for all they have done for me. I began to speak with one of my classmates who has served over 20 years with the US Army and with several recruiters from each branch of the military. I eventually decided that the Army

National Guard would be the best fit for me at this transitional time of my life. I had just begun my residency in periodontics and was interested in finding a way to pay for it.



The Army National Guard provided me an opportunity to join the military and have a civilian life while completing the next 3 years of my residency program. I never imagined that the process of joining the military could be so tedious and exhausting. I had to meet with my recruiter on a regular basis to sign papers, discuss service commitments, and undergo background checks. Once all of my paperwork was approved, I had to attend MEPS (Military Entrance Processing Station) in Indianapolis. I went early one Saturday morning and spent the entire day, undergoing various physical examinations to make sure I was fit to serve. The building was large and foreboding and I was lost in a sea of fellow future soldiers wanting to step up to the call of duty.



July 26, 2010 was one of the most fulfilling days of my life. This was the day that I was sworn in as a Captain in the United States Army

National Guard. I sat before a review board prior to being sworn in and was asked a series of questions about my desire to serve as a dentist in the Army, my knowledge of the risks I was taking as a member of the military, and about my understanding of an 8 year service commitment I was about to sign. I had to raise my right hand and swear to protect our country against all enemies, foreign and domestic. My parents were in attendance at the ceremony and I remember feeling more nervous than ever! This day was the proudest day of my life.

One month following my ceremony, I donned my ACU's (Army Combat Uniform), which are the newest design of digital camouflage, and attended drill at Camp Atterbury Joint Maneuver Training Center near Edinburgh, IN. I am currently attached to the 215th Medical Detachment.

I thought life was busy enough having to read all of the journal articles we are assigned in our residency, juggling clinic obligations with studying. However, life became much busier once I started attending drills once every month at Camp Atterbury. I have the pleasure of serving with about 7 other dentists who have the same rank as I or higher. We see about 75-100 patients per day. Our duty is to examine the soldiers as part of their medical processing before they are able to be deployed to the warzone. I never expected to have to carry such a heavy responsibility on my shoulders. I essentially have the ability to say whether or not a soldier will be put in harm's way based on their dental status. If a soldier has dental conditions which currently or would cause problems in the near future during his or her deployment, I have to make sure the soldier is kept from deploying until the treatment of all dental conditions is complete. Many of the soldiers I have seen are in their 20's and many of them are showing early signs of precancerous oral lesions due to using chewing tobacco or other tobacco products. This gives me the opportunity to speak with them about the dangers of tobacco use and hopefully intervene before they actually develop cancer.

The majority of these soldiers have been in the military for a long time. I feel an

overwhelming sense of pride and appreciation for them because I know they have worked very hard to receive the rank they have through blood, sweat, and tears. I am so proud to serve our nation's heroes.

My goal is to serve for more than 20 years as a member of the US Army and eventually retire from the military. I have 8 more years of my current, initial, obligation and will need to attend Officer Basic Training once I complete my residency program at IUSD. My faculty and classmates have been very supportive of my decision to join and it is a decision I do not regret. It is my hope and prayer that more professionals decide to serve our country. The military is not for everyone and each person must fervently discern their place in society. However, there are many wonderful benefits to joining the military but the greatest benefit is the sense of fulfillment and pride for serving an entity greater than oneself.

My eyes fill with tears and I feel an overwhelming sense of joy when I see our flag flying above me or hear our National Anthem. We are very lucky to live in a country where we can live free from oppression. Please remember though that our freedom is not free. It came at a price that was paid by all of those soldiers serving at my side, the soldiers who have gone before me, and the young recruits who will serve after me. Ask any soldier and they will tell you that they do not want to be thanked for the sacrifices they make. These soldiers do what they do because they love their country. I hope that those who read this article take time to pray for our soldiers or do a random act of kindness in appreciation for those who serve to protect us, whether they be a fireman, police officer, soldier, or doctor. I am proud to be a soldier and I am proud to be an American. God speed and God bless the USA.

Meet our Incoming Group of Residents

Anand Patel, IUSD-Senior Dental Student
Igor Ristevski, IUSD- Senior Dental Student

Mahogany Miles, Boston University- Senior Dental Student
Brittany Lane, Marquette University- Senior Dental Student

At the VA Hospital
Branko Alavajna- IUSD- Senior Dental Student

Brittany Lane



I grew up in Muncie, IN otherwise known as "Funcie". Cornfields surrounded my high school and there were no windows. I moved to Chicago in 2003 to attend Loyola University for college. I majored in psychology and held a spot in the cross country/track and field program from 2003-2004. After realizing that two a day practices and running outside in 10 inches of snow were part of the deal, I decided to resign from the team after the first year and run on my own. I stayed dedicated to my training and ran the Chicago Marathon in 2005. If there was one thing I wish I would have done in college it would be to study abroad at Loyola's campus in Rome. I am a 4th year dental student at Marquette University School of Dentistry. My husband is also a dental student and we will graduate together this May. Milwaukee weather has not been kind to me these past four years and I am eager to become a Hoosier again. Running has always been a part of my life, I also enjoy learning about different cultures, traveling, shopping, and eating of course. I really like feeling the sun on my face, learning different languages, starbucks, organizing, making lists just so that I can check something

off, being challenged, my husbands cooking, and my family. I always knew I wanted to go into the health field, but if I had to chose something other than dentistry I think I would be an actress on Criminal Minds. My mom, sisters, and I are all obsessed with shows like Law and Order: SVU, and I have recently added NCIS and Criminal Minds to that list.

I feel very fortunate to be a member of IU's Periodontics Residency Training Program. It is a great program that produces strong clinicians and combines various aspects of teaching and research in order for the resident to reach their full potential. I am eager to work with pre-doc students because I have learned the more you can relate to someone, the more you will both learn. After graduation from this program my plan is to go into private practice.

Igor Ristevski



Image: Igor Ristevski and Grandfather Riste Ristevski

1. **Brief education background.**
Bachelor of Science in Biology, Minors in Chemistry and Psychology, Indiana University, 2007
Doctor of Dental Surgery, Indiana University, 2011
2. **Which Year in your training**
Currently in fourth year of dental education.
3. **Family**
Dad, Blagoja
Mom, Violeta
Brother, Dejan
Sister-in-law, Ana

4. **Things you did in school/college that you wish you never did.**

Taking credit cards to the bars

5. **Things you did not do in school/college that you wish you did.**

Taking more extracurricular classes – skiing, bowling, karate

6. **Your hobbies.**

Soccer, basketball, flag football

7. **Hidden talents.**

Sleeping and juggling (not simultaneously)

8. **What would you have become (professionally/personally) had you not gone into dentistry**

Basketball coach, astronaut

9. **Like/Dislikes**

Likes: Watching and playing sports, traveling, spending time with family

Dislikes: Having to do lab work when I can just send it to the lab

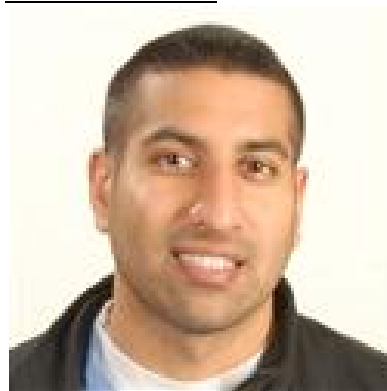
10. **Why did you choose IU's Periodontics Residency Training Program**

The University's reputation for producing leaders in the field, the opportunity for faculty interaction and the central location of the school in the heart of Indiana.

11. **Plans upon graduation**

Returning to Northwest Indiana to practice and hopefully become an assistant coach for a basketball team.

Anand Patel



I am from Bloomington, IN and graduated from Indiana University in 2007. I am a diehard Hoosier fan, bleed cream and crimson! Currently I am a 4th yr dental student at IUSD

and ready to make the journey up to the 4th floor. My mom and dad are in the hotel business and my little brother is a 3rd yr med student at IUSM. The one thing I wish I did not do in college was befriend Igor Ristevski. The one thing I wish I had done in college was try out for the men's basketball team, they really needed me. When I have time for hobbies, I am a golf fanatic and would play every day if I could. A hidden talent I have would be that I am fantastic at making sandwiches but I eat out every meal, so wasted talent. If I had not gone to dental school, I more than likely would have followed in my parents' footsteps or investment broker. I decided upon attending IU Perio b/c I truly felt I will receive a quality education and the diverse faculty appealed to me. The new clinic helped as well. I hope the next three years will be a memorable journey and am very excited to meet everyone.

Mahogany Miles

1. **Brief education background.**
 - a. East Chicago Central High School 1999-2003 (Honors Diploma; salutatorian)
 - b. Butler University 2003-2007 (B.S; biology major and chemistry minor-honors program)
 - c. Boston University 2007-2011 (DMD candidate 2011)
2. **Which Year in your training**
 - a. I am a DMD 4 student.
3. **Family**
 - a. Parents: Benjamin and Latonya Miles (McCordsville, IN)
 - b. Sister: Bendra Miles
4. **Things you did not do in school/college that you wish you did.**
 - a. College: Study abroad in a Spanish speaking country
 - b. Dental School: Mission trip
5. **Your hobbies**
 - a. Reading
 - b. Ballroom dance
 - c. Jazz/Modern dance
 - d. Aerobics
6. **Hidden talents.**
 - a. I don't think I have any...
7. **What would you have become (professionally/personally) had you not gone into dentistry**
 - a. A wedding planner
 - b. interior designer
8. **Like/Dislikes**
 - a. **Likes**
 - i. I love shopping.
 - ii. Raspberry and Mango sorbet
 - iii. Cooking
 - iv. Teaching kids about dental careers.
 - v. Audiobooks
 - vi. Re-arranging furniture
 - b. **Dislikes**
 - i. I hate setting teeth!
 - ii. Coconut
 - iii. Running on a treadmill
 - iv. Vacuuming
9. **Why did you choose IU's Periodontics Residency Training Program**
 - a. The program seems pretty well-balanced and well-rounded. The residents appear to be happy and are free to learn various treatment techniques and use cutting edge materials. The faculty members recognize the strengths and weakness of the program, and they have goals to change them. All in all, I think that the program will be challenging, and I will gain much experience and grow as a person during my time within it.
10. **Plans upon graduation**
 - a. I would like to practice in Indiana or the Southwest perhaps as an associate in the early years of my practice, and then as a partner in a group practice later in my career. I also would like to teach part-time at a dental school 1-2 days a week.

Incoming Resident at the VA Hospital- Branko Alavajna



1. Brief education background.

I graduated from Crown Point High School in Crown Point, IN with the Class of 2003.

I then graduated from Wabash College in Crawfordsville, IN with the Class of 2007.

2. Which Year in your training

I am a 4th year dental student at Indiana University School of Dentistry.

3. Family

My parents are Milan and Koviljka (Karen) Alavanja. I have a younger brother, Aleksandar Alavanja.

4. Things you did in school/college that you wish you never did.

I wish I never listened to my friend Matt when selecting a Halloween costume. We both dressed up as girl scouts, and I haven't heard the end of it.

5. Things you did not do in school/college that you wish you did.

I wish I went to the gym and played intramural sports more than I did while I was at Wabash College.

6. Your hobbies.

My hobbies include playing soccer, hiking, and wine tasting.

7. Hidden talents.

I can cook. I make a mean scrambled eggs and bacon.

8. What would you have become (professionally/personally) had you not gone into dentistry

I would have become a college professor.

9. Like/Dislikes

I like grilled steak. I dislike potato salad.

10. Why did you choose VA's Periodontics Residency Training Program

I respect the faculty and the tradition at the VA and at IU.

11. Plans upon graduation

I want to return to Chicagoland and establish a private practice.

Faculty and Staff Feature Section

We are featuring *Professor Melinda Meadows* in our Faculty Profile. We are also featuring *Pam Nichols* in our Staff Member Profile.

Faculty Member Profile

Melinda Meadows



1. Brief education background.

Associate of Science in Dental Hygiene, IUSD, 1978

Bachelor of Science in Health Sciences Education, IU, 2000

MS in Health Sciences Education, IU, 2003

2. Position in the department

Previously, was Assistant Professor in Oral Facial Development at IUSD with

administrative duty assigned to Office of Dental Education as Director of Curriculum and Program Assessment. From 2007 til Dec, 2009 was PT in Pediatric Dentistry
Jan 1, 2010 to present: Clinical Associate Professor, Department of Periodontics and Allied Programs, Dental Hygiene Program, IUSD.

3. Family

Husband Martin is Purdue grad (we forgive him) and works for ExactTarget as a computer systems administrator. We were married 3 days after I graduated from IUSD with my associate's degree. Daughter Heather, married, mother of 2 girls, architect, lives in Indy (so I see my little girls a lot.)
Son, Shane, is single, will graduate in the spring in Mechanical Engineering.

4. Things you did in school/college that you wish you never did.

I wish I hadn't spent a year of classes working toward a high school chemistry teaching degree that I never completed or used (post dental hygiene.)

5. Things you did not do in school/college that you wish you did.

I wish I had played more, studied and worked less.

I wish I had lived in a dorm during my freshman year at IU rather than at home. I think the freshman year is such an important time to test out the various versions of "you" that might emerge as you mature, which is hard to do when you are still at home.

6. Your hobbies.

Gardening, reading, family. I am planning to take sewing class in the spring.

7. Hidden talents.

I cook a mean soul food meal (born and raised in the deep South).

8. What would you have become (professionally/personally) had you not gone into dentistry/ dental hygiene/dental assisting

I always thought I would be a good florist.

Thought about the military, but I am too short. ☺

9. Pet Peeves

Bad grammar and poor word choice. "I seen him....." or "it was, like, you know, so cool, like, every time we did that, ya know?"

Wow that makes me sound really old and stuffy, doesn't it?

10. Like/Dislikes

I like Fridays, Christmas lights, family dinners on Sunday nights, working with students, daffodils, anything sweet and asking questions in meetings.

I dislike Monday mornings, clutter, obfuscation, and tall shelves or cabinets.

Staff Member Profile- Pam Nichols



1. Brief education background.

I graduated from Ben Davis High School and I have an Associate's Degree in General Studies from IUPUI.

2. Position in the department

Administrative Secretary in Dental Hygiene. I have been with IUPUI for 26 years. I worked in

Dental Hygiene from 1984-1990. I then moved to the Biochemistry department in the School of Medicine from 1990-2006. When my position there was RIF'd, by some miracle, my old job was available. I am happy that I was able to come back home to the Dental School in 2006.

3. Family

My husband and I have been married for 35 years. We have a daughter and a son and 3 grandchildren. IUPUI has been a part of our family for most of that time. My husband, my two children and my brother-in law also work on this campus. Before her retirement in 2002, my mother, Marilyn Herald, worked in Service and Supply here at the Dental School delivering mail for 17 years.

4. Things you did in school/college that you wish you never did.

I cannot think of anything.

5. Things you did not do in school/college that you wish you did.

I wish I had been a little more outgoing.

6. Your hobbies.

I like to read fiction (romance and mysteries, mostly). I guess you can say cruising has been sort of a hobby as well. My husband and I have been on 5 cruises in the past 10 years.

7. Hidden talents.

I wish I could say that I can sing or dance or do some extraordinary. Unfortunately, all I can think of is that I can crochet and fold a piece of paper (Origami) into a bird.

8. What would you have become (professionally/personally) had you not gone into dentistry/ dental hygiene/dental assisting.

I am very happy with my life as it is. I have a wonderful family and a job that I enjoy. I cannot think of anything that I would change.

9. Pet Peeves

People who use foul language for no reason at all. What do they say when they really get mad?

10. Like/Dislikes

I dislike our long commute (over 1 hour) and getting up at 4:45 a.m. each day. However, I do like that my husband, my children and I can all ride together since we all come to the same campus. I also like listening to books on tape/disk. With them, the ride does not seem quite so long each day.

Resident Case Update

Implant Repair



John Lee (3rd Year)

In the July 2010 issue of the newsletter, Dr. Lee had submitted his case for us to review. A 6 month follow-up image of the surgical site is included.



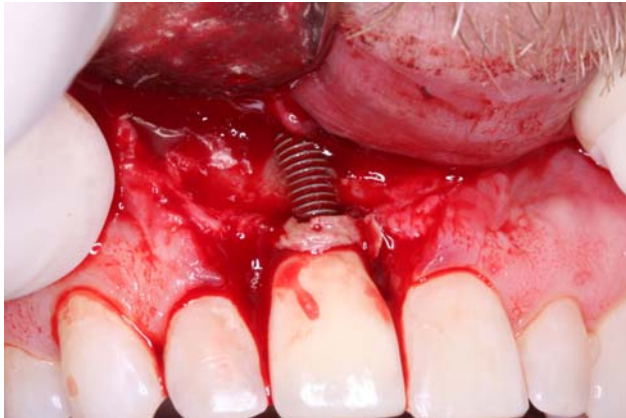
Pre-Op- Inflammation on Facial #8

Pre-Op Radiograph

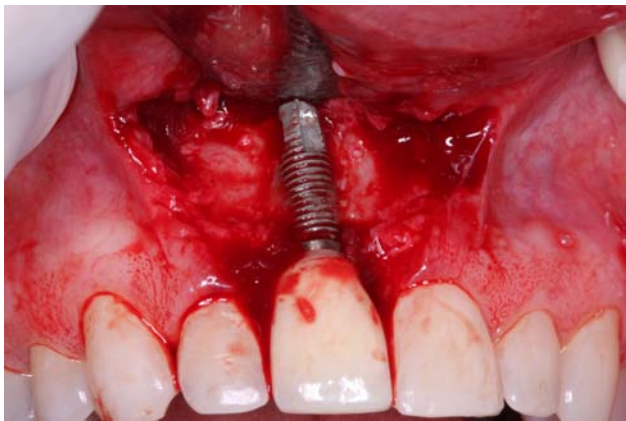
Treatment

- Ultrasonic with implant inserts
- Tetracycline for implant surface decontamination

- Bio-Oss
- Covered with Bio-Gide membrane
- Cytoplast sutures
- Barrier (resin based dressing)



Following Flap Elevation-Note Presence of Cement



Note exposed implant threads

6 Months Following Treatment



Department Members in the News

The Best Of Indy

In the December issue of the 'Indianapolis Monthly magazine, 'Best of Indy' the following faculty members were listed under the 'Best Periodontists'- Stephen Towns, Greg Phillips, Steven Blanchard and Vanchit John. *In the words of Harry Potter, 'this is brilliant'. Congratulations.*

Periodontics Professor Dr. **Steven Blanchard** received the Outstanding Teacher of the Year Award in recognition of his service during the 2009-2010 academic year. Dr. Blanchard is one of only two IUSD faculty members to have received this prestigious award from the IDA twice. In addition to being cited as a "truly well-rounded faculty member" who is extensively involved in the education of IUSD students, including his work as periodontics graduate program director, Dr. Blanchard has also been moving into the upper tiers as a national leader in his specialty. In 2009, he accepted a 6-year term as one of the directors of the American Board of Periodontology.

Reproduced from the IUSD Newsletter

Employee Milestone

Invitations will be in the mail soon for the first annual EMPLOYEE MILESTONE RECOGNITION LUNCHEON, noon-2 p.m. on Jan 6th at University Place Hotel. "The lunch, which will be hosted by Dean **John Williams**, will recognize IUSD milestone anniversaries reached in 2010 by staff and faculty with full-time dental school appointments. We will have the following representative from our Department;

PERIODONTICS AND ALLIED DENTAL PROGRAMS

- Prof. **Pamela Ford**, 5 years
- Prof. **Elizabeth Hughes**, 10 years
- Ms. **Tuwana Ivy**, 10 years
- Ms. **Kaylene Rossok**, 15 years

Keep up the Good Work folks.

Ovarian Cancer Walk/Run 2010

The Ovarian Cancer Walk/Run 2010 included members of the IUSD family in full force as part of the "Queen's Team". The Queens Team was by far the largest group participating with over a 100 members in the team. What fantastic spirit. Our Department is truly a special place.



Alumni News

Dr. Saba Khan (MSD 2005) was offered the position of 'Clinical Assistant Professor' in the Graduate Department of Periodontology at the University of Illinois in Chicago. She will begin here journey as a full time educator beginning in January 2011. Congratulations Saba, we know you will do a great job.

Childbirth

Dr. Leyvee Cabanilla (MSD 2000) and her husband welcomed a baby girl, Clara Francisca Jacobs into their lives. She weighed 6 lbs and 13 oz and measured 20 inches long. They are all doing well.



Dr. Chirdeep Chandrakerthi (MSD 2005), who lives in Portland,OR with his wife Luciana Kairalla Keerthi had a baby girl, who is now six months old. Her name is Mahi Kairalla Keerthi.

The Best Of Indy

The following alumni were listed in the Indianapolis Monthly magazine, Dan Gomes, Kristin Jackson, Stephen Koehler, John Overman, Bryan Roy, Kurt Van Winkle, and Bruce Wiland. *Folks this is wicked.* Congratulations.

Dr. Julie Lynn Combs joins as Part-Time Faculty



Dr. Combs (DDS 2005, MS- Univ of Kentucky) will be joining the part-time faculty beginning in the Spring Semester of 2011. Dr. Combs recently opened a new practice in Greenfield, IN. Dr. Combs who worked in Virginia following her residency training at the University of Kentucky, College of Dentistry, decided to come back to Indiana and we are thrilled that she will share her expertise with our residents. We are looking forward to seeing you again in the halls of IUSD Dr. Combs.

Merry Christmas, Happy New Year and Happy Holidays to everyone



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