



INDIANA
UNIVERSITY
SCHOOL OF
DENTISTRY

First Friday

Dean's Update to the IUSD Community

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Does dentistry have a role in health care?

Where do you believe we are? Are we in or out of the provision of health care? A nice article in the November 19 issue of *ADA News* raises this fundamental question for our consideration – again!

According to Mary Jordan, writing in *The Washington Post* (“Unlikely Lobbying Force – Dentists,” July 5, 2017), dentists are seen by the public as quaint figures, with “a Norman Rockwell appeal... who clean your teeth, tell your kids to cut down on the candy and put their seal of approval on a range of minty toothpastes and mouthwashes.” What does that say about the perception by the medical profession of the role of dentistry in the provision of health care? How are dentists perceived by the public?

Dentistry and medicine separated over 160 years ago, and to this day, much of the public and the medical profession sees dentists as dealing only with problems related to teeth and has very little understanding of the scope and breadth of dental education and training. Dentistry has largely done this to itself by associating itself almost exclusively with teeth and cosmetics. In presenting itself to the public, rarely do issues of health or disease factor in.

Read the entire article [here](#) and learn the importance of dentistry as a member of the health care team. Together we can change the perception.

The holiday season is here with the days growing shorter and cooler! This means the winding down of another busy semester, completion of student projects and final exams, and an opportunity to enjoy time away from the rigors of dental school and get ready for the spring term. So, Happy Holidays! I send you warm greetings of the season and thank you for your incredible support of IUSD this past year. Looking back over 2018, our alumni, faculty, students, staff, and friends continued to make a huge difference. You demonstrated the power of believing and investing in the future of IUSD. In March, we dedicated the James J. Fritts, DDS Clinical Care Center and haven't looked back. Thank you for believing that IUSD is on its way as *...one of the best dental schools of the 21st century.* (p.s. Your continued support will be helpful in the search for a new dean, also!)

Fritts Clinical Center sculpture perfect for fall



The November 29 article in [News at IUPUI](#) begins...“Like the fortune of finding the perfect autumn leaf on the ground, budding careers can be shaped by chance.” Sculpture senior Jesús Nava considered leaving his Herron School of Art and Design program before a phone call regarding his recent piece, “Changing of Seasons,” reignited his drive to complete his degree. A year ago, IUSD was looking for art for the “Main Street” corridor in the Fritts Clinical Center. John Hoffman, assistant dean of development for the dental school, saw Nava's work coming down after being on display for months at University Library. He inquired about the sculpture, which consists of 11 5-foot-by-5-foot aluminum-sheet maple leaves curled and hung from the ceiling. Read the rest of the [story here](#). Thank you, John Hoffman, for having an eye for art!

A Healthy Indiana Depends on AHEC

A healthy Indiana requires health care professionals located in all areas of the state, from inner city neighborhoods to rural communities, are available and prepared to educate citizens about health problems and issues and to provide quality health services. And Area Health Education Center (AHEC) provides communities with this resource, including oral health care. An AHEC is a network of regional centers coordinated through a central program office. IUSD has been actively involved in AHEC for years. See what AHEC is doing around the state by viewing the [AHEC Annual Report](#).

Telemedicine in Indiana

The [Bowen Center on Health Workforce Research and Policy](#) recently released an interesting workforce monograph on telemedicine. This is a 21st century approach to delivering health care and addressing health workforce shortages. I keep wondering about its application for dentistry. It involves the remote diagnosis and treatment of patients by means of telecommunications technology (video, picture, voice, etc.). In Indiana law, it is defined as: “the delivery of health care services using electronic communications and information technology, including: secure videoconferencing; interactive audio-using store and forward technology; or remote patient monitoring technology; between a provider in one location and a patient in another location.” In Indiana, physicians who offer telemedicine services are held to the same standards as a physician providing in-person health care services. There are 226 Indiana physicians reported to hold this telemedicine certification. Read a full report on [telemedicine here](#).

FULLFILLING *the* PROMISE

Dental to Mental Hygiene...a Prevention Approach

Some of my leisure reading time over Thanksgiving focused on hygiene..not dental, but mental. Much is in the media these days about multiple sources of stress in society and our not-so-good coping skills to manage this stress. As my wife was a psychology major, we have been discussing this topic, which leads me to boldly suggest perhaps we should institute a curriculum segment on Wellness using Cognitive Behavioral Therapy (CBT) at its core here at IUSD. This might assist our community with improvements in our mental hygiene. Leslie Flowers has been a huge advocate of curricular and co-curricular changes to improve our Wellness programming at IUSD, so she has my attention. CBT also is cited as teaching good critical thinking skills, which is a Commission on Dental Accreditation requirement!

According to [Psychology Today](#), CBT is a form of psychotherapy that treats problems and boosts happiness by modifying dysfunctional emotions, behaviors, and thoughts. Unlike traditional Freudian psychoanalysis, which probes childhood wounds to get at the root causes of conflict, CBT focuses on solutions, encouraging patients to challenge distorted cognitions and change destructive patterns of behavior. CBT rests on the idea that thoughts and perceptions influence behavior. Feeling distressed, in some cases, may distort one's perception of reality. CBT aims to identify harmful thoughts, assess whether they are an accurate depiction of reality, and if they are not, employ strategies to challenge and overcome them. CBT is appropriate for people of all ages, including children, adolescents, and adults. Evidence has mounted that CBT can benefit numerous conditions, such as major depressive disorder, anxiety disorders, post-traumatic stress disorder, eating disorders, obsessive-compulsive disorders, and many others. Research also indicates that CBT can be delivered effectively online in addition to face-to-face therapy sessions. Stay tuned as IUSD explores best practices related to Wellness curriculum.

Planning for Indiana's Dental Workforce...Challenges and Opportunities

Dr. Hannah Maxey and I teamed up recently on an Indiana Dental Association journal article to discuss Indiana's dental workforce. In July 2018, the Indiana Legislature signed Senate Enrolled Act 223 into law, requiring a number of health care providers, including dentists, to answer additional questions at the time of their re-licensure application. This will provide much better information regarding the current and projected dental workforce for policymakers, educators, and the public. [Read article here.](#)

Clinical Updates from Dr. Weingarten

- Dental Faculty Practice will relocate to the Fritts Clinical Center mid-December and open in January 2019.
- Isolite (mouth props, retraction/evacuation system) will begin showing up in the DDS clinics next spring.

IUSD SPEA Chapter is #1

The IUSD chapter of the Student Professionalism and Ethics Association (SPEA) was named U.S. CHAPTER OF THE YEAR at the SPEA annual meeting in October in Hawaii. Congratulations to all IUSD SPEA officers, including Josh Bussard (D3), elected national SPEA executive chair, and Maria Contreras Mantilla (D3), who takes Jill Stetzel's (D4) place as a national regent for the association. Contreras Mantilla is president of IUSD's SPEA chapter and Stephanie Bowers (D3) is immediate past president. Retired IUSD faculty Dr. Larry Garetto was instrumental in forming SPEA and the IU chapter a few years ago. Drs. Odette Aguirre and Susanne Benedict are current advisors. Bravo!

Coffee and Donuts – Join us this Friday, December 7, from 7:30 to 9 am for the monthly First Friday school gathering. Complimentary coffee, donuts, and fruit will be served in the student lounge.

Upcoming IUSD Events

- Wednesday, December 19, 2018 – Holiday Breakfast 7:30 to 9am
- Monday, December 17 – January 4, 2019 – IUSD Winter Break (no classes; clinics closed, re-open 1pm Jan. 7)
- Monday, January 7, 2019 – IUSD Faculty Orientation and Staff Calibration, 8am to 12pm



Thanks to each of you for your dedication to and support of the Vision and Mission of IUSD. I'll be back in the New Year with another edition of *First Friday...Dean's Update*.

Happy
Holidays!

-John

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www.dentistry.iu.edu
or on our Facebook page:
www.facebook.com/IUDentistry