

TRODENT

ON THE
SHOULDERS OF

GIANTS

APPRECIATING OUR MENTORS



OUT OF THIS WORLD

Earlier this year, Ostrow celebrated more than 100 scholarship recipients and their donors at the 2019 Friends of Dentistry Scholarship Recognition Dinner in the shadow of the awe-inspiring Space Shuttle Endeavour. The second half of the evening was devoted to celebrating the 50th anniversary of the first graduating class of USC's Advanced Standing Program for International Dentists. Taking a cue from the 135 missions completed by NASA's Space Shuttle Program, Ostrow took the opportunity to share its own five missions as a dental school, including advancing the practice of dentistry, cultivating clinical expertise in the classroom, building healthier communities, leading scientific discovery and fostering interdisciplinary collaboration.



Endeavour

CULTIVATING CLINICAL EXPERTISE IN THE CLASSROOM



FOSTERING INTERDISCIPLINARY COLLABORATION



Ostrom School
of Business of USC

DEAN'S MESSAGE



Welcome to the Spring 2019 issue of *TroDent*!

In this issue, we take a pause to appreciate our mentors — those who selflessly give back to us in a myriad of ways, pushing us to be the very best dental professionals we can be. The importance of a mentor cannot be overstated. They are like alchemists, taking the raw talent, first-class education and tireless ambition found in their young, bright mentees and transforming all that into something stronger, lasting and superior. They are there to give advice based upon years of experience and wisdom. They are there to offer support when their mentees struggle. They are there to show the right path forward when their mentees might be otherwise lost. You can find our cover story about the importance of mentorship beginning on **p. 22**.

On **p. 5**, we share the exciting news that Carol Summerhays DDS '78 has been selected to chair Ostrow's Board of Councilors. Dr. Summerhays has some enormous shoes to fill, succeeding Ralph Allman Jr. '57, '60, DDS '62, MS '66, who led the school's governing body for two decades. We all owe an incredible debt of gratitude to Dr. Allman and his wife, Sigrid — both of whom have been the dental school's biggest champions for years. They have made an indelible mark on the school, and I am grateful to both of them for the years we've shared together at Ostrow, and I look forward to many more. While Dr. Allman might be a hard act to follow, I am confident that Dr. Summerhays will take the reins fearlessly, leading the Board of Councilors and helping me to continue the school's long tradition of eminence in the dental education world.

In this issue, we also tell the inspiring story of Shannon Grady DDS '22, a non-traditional student following her dreams no matter what (**p. 32**); introduce you to the dental team who are there for the Los Angeles Football Club when tragedy strikes (**p. 20**), and share our plans to add minimally invasive dentistry to our DDS curriculum — making us one of the first schools to do so on a mass scale (**p. 36**).

Before I go, I would like to congratulate our Class of 2019, who earlier this month became the latest cohort of USC-trained dental professionals. Welcome to the USC dental alumni community!

Enjoy the issue and as always fight on!

A handwritten signature in black ink that reads "Avishai Sadan".

Avishai Sadan DMD, MBA

Dean

G. Donald and Marian James Montgomery Professor of Dentistry
Herman Ostrow School of Dentistry of USC

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ON THE SHOULDERS OF GIANTS | [22-31](#)

Behind every Ostrow giant is another, who has been there, offering advice steeped in years of experience, guiding their mentees along paths never traveled or simply lending an ear during times of adversity. In this issue's cover story, we celebrate the mentor — and the innumerable ways they make a difference to the professionals who follow in their footsteps.

FEATURES

THE TEAM DENTISTS | [20-21](#)

Where do Los Angeles Football Club players go when tragedy strikes on the soccer field? Meet Ostrow alumni Wayne Nakamura '78, DDS '82; Daryn Nishikawa DDS '10; and Kent Ochiai '83, DDS '87, PROS '89, the dental team tasked with keeping the soccer players' oral health in tip-top shape.

NEVER GIVE UP | [32-33](#)

No one had high hopes for Shannon Grady DDS '22, who was often in trouble in high school, finding it difficult to sit still or learn new things. Everything changed when she was diagnosed with attention deficit/hyperactivity disorder. Today, the 48-year-old Ostrow student is proving all the naysayers wrong, pursuing her dream career in dentistry.

THE FOREVER STUDENT | [34-35](#)

Jeanette MacLean DDS '03 says Ostrow made her a life-long learner. It was this unquenchable thirst for knowledge that led the pediatric dentist to learn about and eventually advocate for the use of silver diamine fluoride, a way to treat caries infections that does not involve a drill.

DENTISTRY WITH A LIGHT TOUCH | [36-39](#)

It's been taught to residents for years, but beginning with the Class of 2022, Ostrow will become the nation's first dental school to include minimally invasive dentistry in its DDS curriculum on a mass scale. Find out why the future might involve a lot less drilling.

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CONTRIBUTORS



JENNIFER MARSHALL DH '14
ODD JOBS
CONTRIBUTOR

In this issue's Odd Jobs column (p. 15), Jennifer Marshall shares her experiences, working as an ocean lifeguard during dental hygiene school.

Day Job: Dental hygienist

Hobbies: Swimming, surfing, running, fishing, skiing and drawing

What's the most rewarding aspect of your job as a lifeguard?

I am fortunate to work in an environment that pairs my passion for the ocean with my desire to help others. Seeing visitors leave the beach safely at the end of the day makes it all worth it.



W. BLAKE BYBEE DDS '13
INSPIRED
COLUMNIST

For this issue's Inspired column (p. 40), W. Blake Bybee recounts how he and his wife found unexpected relief after a devastating cancer diagnosis.

Hobbies: I spend most of my available time in the Idaho outdoors with my family: camping, hiking and fishing.

Catch up your classmates on your life since graduation.

I completed three years of service in the Air Force. I purchased a practice in Boise, Idaho, and have been practicing general dentistry ever since.

What's the oddest job you ever held?

I was once an assistant Labrador dog trainer. I was paid \$1.50/hour and spent summer days in Idaho marshes, preparing retrievers for competitions.



MURPHY LIPPINCOTT
ILLUSTRATOR

Murphy Lippincott put pen to paper this issue to immortalize the mentors who have made such a difference in their mentees' lives for our cover story, On the Shoulders of Giants (p. 22).

Day Job: Day job? I come alive at night.

Hobbies: Organizing my crayons

Work has appeared in: *New York Magazine*, *Men's Health*, *Esquire*, *Wall Street Journal*, *Thrillist* and a ton of other alumni magazines

Catch your classmates up on your life since graduation.

I still work as an active Huntington State Beach lifeguard and serve as president for the Huntington State Beach Lifeguard Association, a nonprofit focused on teaching beach safety.

What was it like recounting your "odd job" for this issue of TroDent?

Discussing my passion for dentistry and lifeguarding has always been a dream of mine, and I am excited to share my story with others! My time at USC was an unforgettable experience, and I will always look back on it with fond memories.

What was it like recounting your work in underserved areas for the Inspired column?

Recounting important events in our lives can be therapeutic. They bring with them a flood of emotions and details that may not have seemed important at first. We continually learn from life's experiences, and recording them is a key component to that.

We publish a column called Ostrow's Got Talent. What would be your talent?

I would have to say that one of my greatest talents would be my ability to work. After growing up on a farm, I've learned just how valuable it is to enjoy working hard: Whether that's mending a broken fence or helping restore a new smile.

What's the oddest job you've ever had?

During my first year of high school, I was a waiter at an assisted living home.

What's the hardest part of your job as an illustrator?

Knowing when a portrait is done. I never know when to stop!

TRODENT

SPRING 2019

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Carol Summerhays tapped to lead Ostrow's Board of Councilors



Carol Summerhays DDS '78

After 20 years at the helm of the Board of Councilors, Ralph Allman to step down, becoming chair emeritus.

BY JOHN HOBBS MA '14

There's a change in leadership of **Ostrow's Board of Councilors** as Carol Summerhays DDS '78 takes the reins from longtime chair, Ralph Allman Jr. '57, '60, DDS '62, ORTHO '66, to lead the dental school's governing body.

The Board of Councilors is a group of 22 faculty, alumni and friends that advises Dean Avishai Sadan on all matters related to the dental school's vision and mission. Allman has served as chair since 1999.

"Ralph and his wife, Sigrid, have been — and will continue to be — some of the dental school's staunchest advocates," Sadan said. "In the nearly 10 years in which I have worked alongside Ralph, he has become a dear friend and a mentor, giving me the type of sage advice that can only be gained through years of experience."

A giant among Trojans

Allman began teaching in 1960, starting

as a teaching assistant while pursuing his DDS degree.

After graduation, he joined the dental school's faculty as a clinical professor of orthodontics and co-director of the undergraduate orthodontic program.

During his 50-year tenure, Allman educated generation after generation of dental professionals and worked tirelessly to make USC's orthodontics curriculum one of the nation's best.

Over the years, he remained very active in the Trojan alumni community, serving as president of the **USC Alumni Association**, a USC Trustee and a member of the Board of Councilors for USC Athletics.

"It has been said that those who follow a great leader are able to do so only by standing on the shoulders of giants. Dr. Allman is one such giant at USC," Summerhays said. "It has been a privilege to be one of his students and later a colleague on the Board of Councilors. I am humbled to follow him."

A life of exceptional service

Summerhays graduated from the USC dental school in 1978, having attended school on an Armed Forces Health Professions Scholarship. After graduation,

she was named a Lieutenant in the United States Naval Reserve, a position she held until 1982, when she opened her private practice in San Diego, Calif.

During her nearly four decades-long career, she has been actively involved in many professional dental organizations, including the Academy of General Dentistry, the American Association of Women Dentists and the Hispanic Dental Association.

She was the president of the California Dental Association from 2008 to 2009 and the American Dental Association from 2015 to 2016.

Summerhays aims to use all this experience to lead the Board of Councilors.

"My goal is see the Board expand its potential to ensure Ostrow remains a global leader in dentistry while producing outstanding dentists and dental hygienists," she said. "Additionally, I would love to see construction of a new dental school that supports 21st century dental education and research."

In addition to the leadership change, the Board of Councilors also welcomed four new members, Thomas Han; Samir Batniji ENDO '87, M.Ed '87; Alexandre Amir Aalam PERIO '03; and Alina Krivitsky DH '00, DDS '05, PERIO '08.

NEWS BRIEFS

■ MULLIGAN RECOGNIZED BY SPECIAL CARE DENTISTRY ASSOCIATION

Associate Dean of Community Health Programs and Hospital Affairs Roseann Mulligan MS '87 has been honored with a Ronald L. Ettinger Award for Exemplary Behavior and Commitment to Geriatric Dentistry by the **Special Care Dentistry Association** (SCDA). This prestigious award serves to recognize an individual who has demonstrated service beyond expectations and made achievements that promote the SCDA's missions and goals. The SCDA is an international organization of oral health professionals and other individuals dedicated to promoting oral health and well-being for people with special needs. Mulligan is an expert in dental care for special needs patients, the elderly and persons with disabilities. She served as past president of the SCDA and editor of the journal *Special Care in Dentistry* and has written more than 100 research articles, review papers, chapters or editorials.

■ SANCHEZ NAMED HISPANIC DENTAL ASSOCIATION BOARD OF TRUSTEE MEMBER

Clinical Associate Professor Carlos Sanchez '08, MPH '09, has been named a member of the **Hispanic Dental Association** Board of Trustees for 2019. The Hispanic Dental Association (HDA) is a national non-profit dedicated to promoting and improving the oral health of the Hispanic community. As a trustee, Sanchez will serve as treasurer of the HDA Greater Los Angeles chapter. Sanchez has served as president of both the Latino for Dental Careers Organization and the Hispanic Dental Association of Los Angeles. He is the faculty advisor for Ostrow's Hispanic Student Dental Association and co-director of the Neighborhood Mobile Dental Van Prevention Program.

■ OSTROW ANNOUNCES NEW SCHOLARSHIP FOR INTERNATIONAL DENTISTRY STUDENTS

The USC dental school recently established a new scholarship for deserving students studying in the **Advanced Standing Program for International Dentists** (ASPID). The **Century Club Alumni Association** provided \$50,000 for the scholarship endowment. "I am honestly so moved by this support that I have authorized a matching \$50,000 gift from the Dean's Renaissance Fund to elevate this endowed fund to \$100,000 in total, knowing that it will yield scholarships in perpetuity that will support and fund ASPID students for years to come," Sadan said at the 2019 Friends of Dentistry Scholarship Recognition Dinner. The scholarship was created as USC's ASPID program celebrates the 50th anniversary of its first graduating class. Every year, Ostrow provides more than \$2 million in scholarship support to students.

■ OSTROW RESEARCHERS DEVELOPING PEPTIDE FILM FOR NON-SURGICAL PERI-IMPLANTITIS TREATMENT

Could peri-implantitis be treated without a surgical intervention? Professor Malcolm Snead and his research team think so. The team, composed of Professor Casey Chen, Research Assistant Professor Yan Zhou PhD '00 and a collaborator from the University of Kansas, has developed a peptide film that not only bonds to an implant's titanium surface but also kills bacteria and slows biofilm growth. The peptide film would be a water-based rinse that the patient would swish around and spit out. These findings were recently published in the Biomaterials Special Issue of the *Journal of the Minerals, Metals and Materials Society*. Next up for the research team is to further refine the peptide film, go to U.S. Food and Drug Administration safety testing and then move on to larger animal studies.

■ OSTROW RESEARCHERS GETTING CLOSER TO DEVELOPING ENAMEL-LIKE RESTORATIVE MATERIAL

Ostrow Professor Janet Moradian-Oldak has received three additional **National Institutes of Health** grants, totaling more than \$3 million, to continue her work developing a hydrogel to promote the growth of an enamel-like surface on the teeth and remineralize dentin. One grant will allow her to test the use of amelogenin-derived peptides in the gel. She explains that using these short peptides has a few benefits over longer ones: It's less expensive, and the path to getting this approved by the **U.S. Food and Drug Administration** is simpler. The second grant will help her continue work toward understanding the basic structural biology of tooth enamel, and the third grant is an exploratory proposal, with the idea of using only chemistry strategies to synthesize a material similar to enamel in its properties.

■ GREEN ELECTED TO LEAD ADEA SECTION ON DENTAL ANATOMY AND OCCLUSION

Adjunct Professor of Clinical Dentistry Richard Green DDS '79 has been elected to serve as councilor for the **ADEA Section on Dental Anatomy and Occlusion**. During this three-year term, Green will serve as the chief liaison between ADEA and U.S. and Canadian dental schools in matters related to the teaching of dental anatomy and occlusion. Green joined the dental school faculty in 1997, eventually ascending to the rank of professor. In 2005, he became director of Ostrow's General Practice Residency program, a position he held for 13 years. His successor, Assistant Professor of Clinical Dentistry Rebecca Dayanim, was elected secretary of ADEA's Postdoctoral General Dentistry Section in the same election. Other Ostrow representation in ADEA includes Assistant Professor of Clinical Dentistry Yaara Berdan MBA '22, who is chair of the ADEA Section on Endodontics.



**TOOTH
BE TOLD,
USC IS
THE BEST.**

#WEARFIGS



PHOTO BY IVAN RAMÍREZ

USC faculty, dental students provide free dental care to low-income high school students

BY JOHN HOBBS MA '14

Nearly 75 Taft Union High School students received much-needed dental care, thanks to a partnership between Ostrow, the **California Resources Corporation (CRC)** and the **California Teachers Association**.

The week-long mobile dental clinic took place from Jan. 25 to Feb. 1 and provided deep cleanings, restorations, extractions, pulpoto-mies and a few root canals to the students most in need of intervention.

In October 2018, USC conducted a thorough dental pre-screening of 700 Taft Union High students, finding that 9.5 percent were in need of immediate care. Another nearly 50 percent had visible signs of dental caries.

Commitment to community outreach

Taft Union is located in Central California's Kern County, one of the Golden State's poorest counties, with 20 to 25 percent of its population living below the federal poverty line.

"Providing treatment to underserved populations is one of the most powerful ways that

dental professionals can help bridge the gap to dental healthcare, which is why community outreach has long been one of the basic tenets of an Ostrow education," Dean Avishai Sadan said.

In all, Ostrow students and faculty provided more than \$140,000 worth of dental procedures, including 989 general/restorative procedures, eight endodontic treatments and three partial dentures.

This is the second year of a three-year initiative at Taft Union High School, thanks to a partnership between Ostrow; the California Resources Group, which is an oil and natural gas company; and the California Teachers Association, a California teachers' union.

"A child should not have to go to school in pain and be expected to reach their full educational potential," said Sanaz "Sunny" Fereshteh DDS '09, USC Mobile Clinic director. "I have spent the past 10 years working on children in dire need of dental care, and it has led me to this incredible mobile clinic that brings the solution to the child."

Late last year, Ostrow began another initiative at John Muir Middle School in South Los Angeles, providing treatment to nearly

100 underserved students, thanks to the school's ongoing partnership with California Resources Corporation and California Teachers Association.

The Taft Union clinic kicked off on Saturday, Jan. 26 with a special community event and VIP tour of the three specially equipped dental vans. Attending VIPs included CRC President and CEO Todd Stevens, Ostrow's Associate Dean of Community Health Programs and Hospital Affairs Roseann Mulligan MS '87 and Kern County Education Association's Darlene Boyce-Gonzalez and Sabrina Runnels.

WATCH



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FRONT DESK

SECRET LIVES, ODD JOBS, GAMES AND MORE!

SECRET LIVES

Monroe Katz DDS '69

Renaissance Man

Growing up in Brooklyn, Monroe Katz wasn't allowed to indulge his creative side. His aunt, who raised Katz after his mother's death, believed art was a waste of time and that Katz's time would be better spent, studying subjects that would lead to a career in medicine, law or accounting.

continued on [page 10](#) »

PHOTO BY ROBERT BAIN



PHOTO BY ROBERT BAIN

« continued from page 9

And so it was in the spirit of rebellion that a 10-year-old Katz lied to his aunt one day about going to a history museum when, in fact, he was stealing away to take in the artistic greats at the Metropolitan Museum of Art.

“I was enchanted by Rembrandt’s portraits — especially his portrait of Herman Doomer, which looked as if it were actually breathing,” Katz remembers. “I wanted to paint like Rembrandt. I thought if I could paint a picture of my mother that looked as if she were breathing, I would consider myself an artist.”

Though his painting bona fides wouldn’t come until years (and a couple of mentors) later, Katz continued his youthful flirtation with the arts. At age 16, while working as an electrical apprentice — a position he held for four years before becoming a journeyman electrician for another six — he would collect leftover wire putty and, on breaks, sculpt his co-workers’ faces from memory. “They were so lifelike that

the other workers would destroy my work when I wasn’t there so they wouldn’t be accused of posing for me on government time and possibly get fired.”

When it came time to select a career path, Katz chose medicine at first, earning a bachelor’s degree in biology from the University of California, Santa Barbara, until he talked to a friend about dental school. “It seemed that dentistry would be the perfect profession for me,” he says. “I could do science and art at the same time.”

Katz graduated from the USC dental school in 1969 and began what would be a 45-year dental career in Napa, Calif., continuing to express his creativity both in and out of the clinic.

“If I was seeing patients during the day, I’d do art at night, says Katz, who also began dabbling in acting, directing and writing plays for a local community theater. “If I was writing, I’d wear my thumb-drive hanging from a strap around my neck and plug it into my computer

between patients, at lunch time or if there was a cancellation.”

In 2010, Katz penned a novelized autobiography, titled ***Sparring with Rembrandt***, chronicling his childhood in Brooklyn during World War II. “Painting is like being in the ring with Rembrandt,” Katz says, of the book’s title. “If I paint while respecting the elements and principles of art, I don’t get slapped around very much, but if I get cocky and disrespectful, I get battered.”

The book’s third chapter, titled “My Most Important Possession,” won first prize at the Napa Valley College Jessamyn West Creative Writing Contest.

Though Katz has stopped practicing dentistry, retirement is keeping him very busy. He just published ***Dare to Create***, in which he shares the lessons he’s learned as an artist. He’s also painting, reading, going to museums, traveling and working out seven days a week, making sure to stay in top sparring shape for many more bouts in the ring with Rembrandt.



WATCH

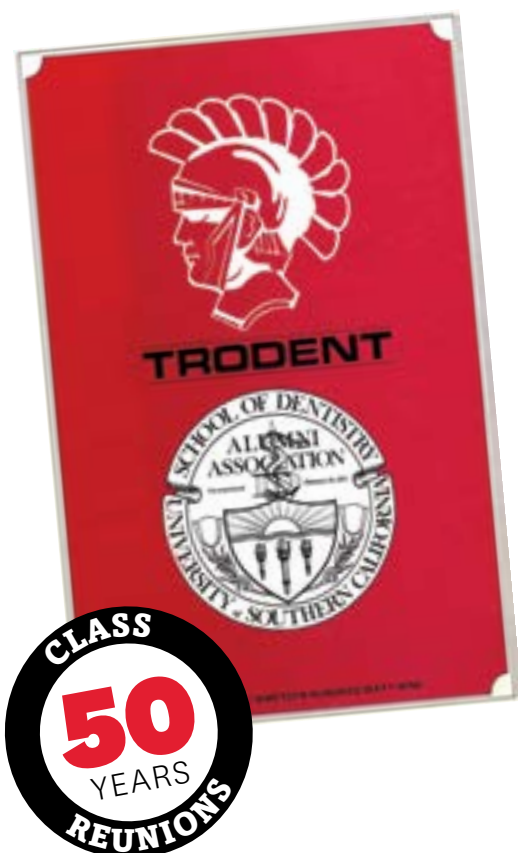
PANAMA ADVENTURE

The Dental Humanitarian Outreach Program chronicled their service trip late last year to Panama, where they treated more than 700 local residents, many of whom had never seen a dentist before. Over six days, the Ostrow team — composed of 56 students, 15 supervising dentists and four staff volunteers — completed 1,800 dental treatments, including sealants, restorations, root canals, extractions and pulpotomies. Their next service trip is scheduled for Dec. 13-23, 2019; they will choose a destination later this year. Check out their adventure at tinyurl.com/DHOP2018.

FLASHBACK

1969

The June 1969 issue of *TroDent* recalled from earlier that spring the demolition of the Science and Technique building at the corner of Figueroa and Exposition (USC Marshall School of Business' recently built Fertitta Hall now occupies the space). The demolition and subsequent move to the Norris Dental Science Center heralded in a new era where, for the first time in 50 years, all of dentistry was located under one roof. At that time, the dental school occupied the largest structure on campus. Other news items included the Dental Ambassadors having completed 15 mobile clinic trips to impoverished areas and the matriculation into USC's dental school of Olympic sprinter Lennox Miller DDS '73, who had won a silver medal in the 1968 Summer Olympics (and would later earn a bronze in the 1972 Olympic games).



IN THE NEWS



“There are other things we can catch that, if you aren’t seeing a dentist regularly, can be really scary.”

—Nehi Ogbevoen '11, DDS '15, ORTHO '18, discussing the need for professional oversight (including X-rays) instead of skipping the orthodontist's chair for do-it-yourself braces, in *USC News*' "DIY braces? USC orthodontists say to think twice before straightening your teeth solo." Read more at tinyurl.com/ogbevoen.



“We get to impact patients, we get to see the [dental] students’ ripple effect on their peers, as well as the patients. So, just getting to see that, I’m very, very lucky.”

—Sanaz “Sunny” Fereshteh DDS '09, USC Mobile Clinic director, talking to Bakersfield CBS affiliate about a mobile clinic taking place at Taft Union High School. Read more at tinyurl.com/sunnyfereshteh.



“[One of the rewards] I feel is when it is evident that I have passed my passion for working with the frail older population to the next generation of dental hygienists.”

—Associate Professor of Clinical Dentistry and Special Care Dental Hygiene Fellow Linda Brookman DH '79 tells *Access* magazine about sharing her knowledge with dental hygiene students during clinical rotations at Hollenbeck Palms' skilled nursing facility. Read more in the magazine's January 2019 issue.



MEGHAN MCDONOUGH DDS '22

Modern Dancer

PHOTO BY AUSTIN W. WINCHELL

BY YASMINE PEZESHKPOUR MCM '16

Since before she was able to read or write, Meghan McDonough DDS '22 has been dancing.

"We always had music of all styles playing in our home. Dancing was the natural extension of the music," McDonough says.

She began taking formal dance classes at the age of 2 and, by the time she was 12, she was dancing six to seven days a week.

While her parents encouraged her to participate in a variety of extracurricular activities, McDonough was most interested in one.

"My parents always supported my pursuing a variety of activities, but I found dancing captured my heart."

In middle and high school, McDonough took on independent studies to be able to continue dancing intensively.

During her undergraduate studies at Pepperdine University, McDonough was in a dance company called "Dance in Flight," for which she was a dancer and choreographer all four years.

In 2013, she danced in and choreographed

a full-length film called ***Dance in Flight: The Film*** and has worked as a dancer for AKP Film & Media, performing in short films such as ***PLAINS*** and *Be*.

It was during her senior year of college, though, that McDonough had a unique opportunity to choreograph a performance called "Surprised by Joy." For the piece, she worked with several dancers who were dealing with significant grief in their lives.

"This was a moment to dance in the midst of these trials, to acknowledge that joy is a choice and to recognize that in order to experience the fullness of the heights, we often must experience the depths," she says. "Dance is one of the fullest expressions of my life and my faith."

While her passion for dance never wavered, McDonough realized it was not the right career path for her.

"If I had to make a living off of dancing, I worried I would lose my love for it. I knew that if I pursued another career, I would always be able to dance simply for the joy of it."

McDonough grew up around her father's

dental office and had always viewed dentistry as a way to help people.

"I have always been drawn to dentistry as a means of service, but it was not until college that I realized my abilities could translate well into a dental career," she says.

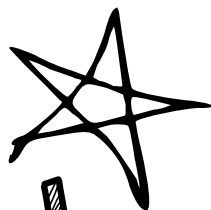
McDonough found endless similarities between dentistry and dance.

"I attribute much of my discipline to my [dance] training. It is a constant process of self-assessment. Each moment is consumed by the precise placement of each aspect of one's body," McDonough says. "It is impossible to achieve perfection and yet, the desire is ever present. My dance training has played a role in making me a life-long student."

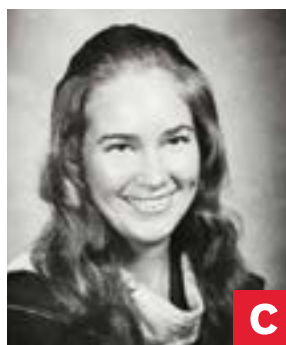
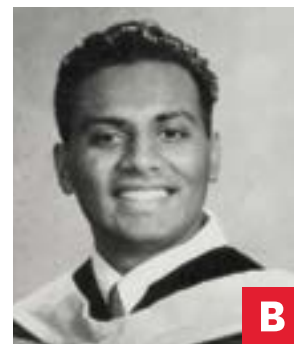
Although it is challenging to get into dance classes regularly while in dental school, McDonough says she will forever see dance as an outlet and form of expression.

"Dance will always be one of my greatest passions," McDonough says. "I plan to continue dancing once I graduate and am so grateful to be pursuing a career that will allow me that opportunity."

the yearbook game



Match the Ostrow notables with the headshots from their dental school yearbooks.



1 SCOTT ADISHIAN '75, DDS '79, PROS '82
Member, Board of Councilors/Ostrow Historian

2 JANET LENT DDS '78
Adjunct Assistant Professor of Clinical Dentistry

3 LEON UNTERMAN DDS '63
Adjunct Associate Professor of Clinical Dentistry

4 CAROL SUMMERHAYS DDS '78
Chair, Board of Councilors

5 LINDA BROOKMAN DH '79
Associate Professor of Clinical Dentistry

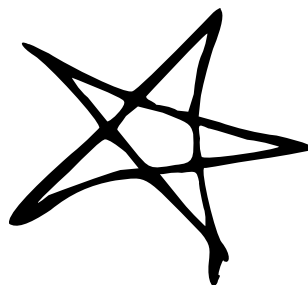
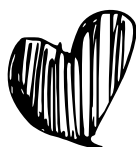
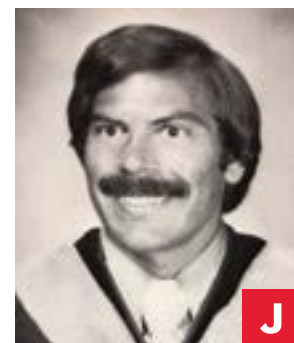
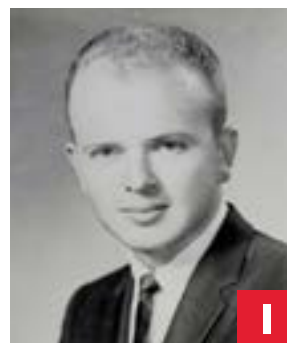
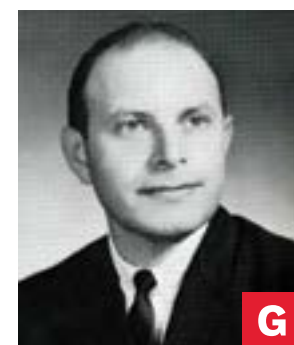
6 KAREN LIANG DH '02, DDS '06
Immediate Past President, Century Club Alumni Association

7 RALPH ALLMAN '57, '60, DDS '62, ORTHO '66
Chair Emeritus, Board of Councilors

8 CHETHAN CHETTY DDS '00
Member, Century Club Alumni Association

9 DONNA SMITH DH '74, MS '82
Clinical Associate Professor

10 JACK LYTLE DDS '58, MD '65
Clinical Professor (Retired)



Ostrow yearbooks are viewable online at the USC Wilson Dental Library website. Stroll down memory lane by visiting tinyurl.com/ostrowyearbooks.



Q&A

FRIENDS IN HIGH PLACES

Levi Powell DDS '21 and Trey Coke DDS '19

FIGS Scrubs Models

How did you get started modeling for FIGS? Is this your first modeling gig?

Levi Powell: They reached out to us on Instagram, so I guess it really *does* go down in the DMs. I was in a Pampers commercial as a baby, but I don't think that really counts, so yes, my this is my first official modeling gig.

Trey Coke: Yes, it was my first modeling gig.

What was it about FIGS that made you want to sign on for this?

LP: FIGS is a really cool company that does more than just sell amazing scrubs. My initial desire to work with the company was because of their various philanthropic efforts. Led by their two amazing CEOs, Heather and Trina, they have donated over half a million sets of scrubs via their "threads for threads" initiative.

TC: The fact that FIGS is about equal representation and have their roots grounded in humanitarian work is what attracted me to the company. Also, the owners are such authentic individuals who truly care about the state of healthcare worldwide.

What does it take to be a good model?

LP: Great hair, obviously. *(laughs)* The "man bun" was written into the first line of my contract. To keep this gig, I can't cut it! (I'm kidding; I've actually been growing it for three-plus years now).

TC: Patience and open-mindedness.

Photos by **FIGS**

ODD Jobs

JENNIFER MARSHALL DH '14

Ocean Lifeguard

I've always been drawn to the water, participating in sports like swimming, water polo and surfing from very early on.

At the age of 16, I spent my summers, working as a pool lifeguard and swim instructor for children of all ages.

The summer before I began Ostrow's dental hygiene program, I was looking for a job and decided that I'd make the leap from poolside lifeguard to oceanside. I figured it would be a challenge and a great way to spend time outdoors at the beach.

To become an ocean lifeguard in California, you have to pass a 1,000-yard open water swim test; a 500-yard run-swim-run; an in-person interview; and two weeks of training in advanced first aid, CPR and rescue tactics. I managed to pass and began my "odd job" in 2012 and have continued ever since.

My shifts would typically begin at 9 a.m. and last eight to 12 hours. Most of that time, I would spend studying the water off Huntington Beach, looking for any situations that would require an intervention. On a typical Saturday, I would respond to more than 30 "preventive actions" (warning beach patrons about hazards such as ocean conditions or rip currents). Then there were the more dire full-blown rescue situations, where I would have to run and swim at a sprint pace to respond to beachgoers in distress. That could sometimes occur more than 50 times a day — talk about physically demanding!

There was one time where I was working at an area on the beach that straddles city and state jurisdictions. The surf was about eight feet, with 10-foot sets rolling in. The weather was in the low 90s, and the entire beach was packed. To my right, I spotted a group of six swimmers being pulled out into open water by a large rip current. The surf was so huge. By the time I reached the victims, I realized they were all children under the age of 15 and unable to fight the current. I took three children on my buoy, and the city lifeguards took the other three. Luckily, the Huntington city rescue boat was nearby, so we loaded all the victims on the boat and took them to safer water. To this day, I believe that those children would not have gone home to their families that day were it not for our efforts, and that's incredibly rewarding.

I loved this about the job; no two days were the same, and you never knew what to expect. You had to bring your A-game every single day.

Even though lifeguarding and dental hygiene might seem worlds apart, they're actually more similar than you might think. Establishing personal connections, treating medical emergencies and educating others uses many of the same interpersonal skills required of a hygienist. Most importantly, both careers have given me the opportunity to indulge my passion for helping others and making a difference in their lives.



FIVE THINGS

Marshell Miller Facilities Manager

It takes a lot to keep an aging building humming. Just ask Ostrow's facilities manager Marshell Miller, who is on the front lines every day, serving as caretaker to the Norris Dental Science Center. Miller joined the Ostrow staff in 1994, first working in the dispensary, before transitioning to facilities in 1997. Here's five more things to know about Miller:

1 She's up before the sun every morning to make sure Ostrow runs like a well-oiled machine.

Miller arrives at the Norris Dental Science Center every day between 4:30 and 5 a.m., at which point she walks the entire building, ensuring everything is in working order. If it's not (she's come into flooded hallways, stalled air conditioners and collapsed ceiling tiles), she gets to work quickly, making sure the problem is solved before the rest of us arrive.

2 Much like a doctor, Miller is generally always on-call, receiving distress calls at all hours.

When Miller's work phone buzzes during a weekend breakfast, her husband knows what is to follow. "He will say, 'I guess it's time to go' and ask for to-go boxes," she says, with a smile. But Miller's not one to complain. She says she finds it rewarding to always be able to solve problems and help others.

3 The Chicago native moved to Los Angeles when she was 8 years old.

On a family vacation to Los Angeles, Miller and her mother fell in love with the City of Angels. "It rained while we were here, but then the clouds parted, and there was sunshine," said Miller, who was more accustomed to Chicago's leaden overcast skies lasting for days. After returning, the Miller family (including Marshell's two brothers, Charles and Norman) took a vote to move to sunny SoCal.

4 Just two years ago, Miller married her long-time friend, Terrence.

Miller first met Terrence in 1986 while working for a private bus company. Though sparks might not have flown at first, the two remained in contact all these years and, in 2014, they began dating. Fun fact: Both are native Chicagoans who moved to L.A. as children.

5 It's not all work and no play for Miller.

Outside of work, Miller says she likes to go on long walks and watch football (her favorite team is the Oakland Raiders). She also always enjoyed making "hand cookies" — rolling out cookie dough and cutting out hand-shaped confections. It's something she used to do with her mother and now enjoys doing with her grandchildren, Dillon, Declan and Dawson.

PHOTO BY HANNAH BENET



Sonia

Immortalized

Sonia Kaur Everest DDS '13 might have passed away in 2014, but the second-year pediatric dentistry resident's legacy lives on, thanks to a new children's book collection in the **USC Wilson Dental Library and Learning Center**. The collection of 29 titles is meant to be used by Ostrow faculty and students either for research or for use at various children's dentistry sites. "[Dr. Everest] always had a special bond with children throughout dental school and was actively involved in Mobile Clinic and Dental Care for Children," reads a description of the collection currently on display in the library. "I am absolutely floored [by] how beautiful this display honoring Sonia Kaur Everest turned out," her husband Harpreet Singh Everest said in a recent Facebook post. "Sonia loved coming into the library to visit, and it is only fitting that she is honored there." Learn more about the collection at tinyurl.com/soniaforever.





USC DENTISTRY LOS ANGELES FOOTBALL CLUB RECEPTION AND GAME

FRIDAY, JULY 26, 2019

LOCATION: EXPOSITION PARK
3939 S FIGUEROA ST

RECEPTION: 5 PM - 7 PM
KICK OFF: 7 PM

Join the Century Club Alumni Association and your fellow alumni for pre-game excitement and private tours at the Los Angeles Football Club! Enjoy appetizers, a full bar and USC Dentistry giveaways. Then, head over to the stadium for what's sure to be an action-packed game as the LAFC takes on Atlanta United!

COST: \$95 PER PERSON; ticket price includes appetizers, full bar, private tour and game ticket

RSVP: MUST RSVP BY WEDNESDAY, JULY 17;
SPACE IS LIMITED, NO WALK-UPS.

[NVITE.COM/COMMUNITY/USCDENTISTRY](https://nvite.com/COMMUNITY/USCDENTISTRY)

For questions, contact the
Office of External Relations & Student Life at (213) 740-4279.

Herman Ostrow School of Dentistry of **USC**
Century Club Alumni Association



**LAFC
VS
AUFC**



L-R: Daryn Nishikawa DDS '10; Wayne Nakamura '78, DDS '82; and Kent Ochiai '83, DDS '87, PROS '89



THE TEAM DENTISTS

When a Los Angeles Football Club player suffers a dental injury, it's a team of USC dentists called to get him back on the pitch.

BY
YASMINE
PEZESHKPOUR MCM '16



Two minutes of stoppage time remain in the match, and the **Los Angeles Football Club** (LAFC) trails one goal to their SoCal rivals, the **Los Angeles Galaxy**.

The mid-field offense crosses the soccer ball 15 yards outside the goal, and two players duel for a head ball in the air. The defender is victorious, clearing the ball out of the box and robbing the LAFC of an opportunity to tie the game.

During their duel, the players had made head-to-head contact, and the LAFC player lays on the field, clenching his mouth. The referee's whistle blows, and medical personnel rush onto the field.

It is instances like these when the medical personnel call on the LAFC's dental team, composed of Trojan dentists Wayne Nakamura '78, DDS '82; Daryn Nishikawa DDS '10; and Kent Ochiai '83, DDS '87, PROS '89, for evaluation.

USC dentists to the rescue

Though this type of injury doesn't happen often, the team of Trojan dentists are always ready to spring into action if a player is injured.

"In the event that dental care is required, the LAFC head athletic trainer will contact the dental providers directly," Nishikawa explains.

"The athlete will then be sent to our dental practice," he says. "Or for cases requiring immediate attention, dental staff are on-call, with an emergency kit assembled by Dr. Nakamura."

The Trojan dental team brings a great deal of sports dentistry knowledge with them to the field, having treated athletes, spanning from the amateur to the elite, including the **Chivas USA**, **Occidental College Athletics** and U.S. Olympic teams.

"The importance of understanding injuries that can occur during practice, training or games really only comes from past experiences in similar sports," Ochiai explains.

While the team dentists say they're fortunate they haven't treated any serious orofacial injuries for the LAFC yet, that's not always been the case with other teams they've worked with.

Nakamura, who also covers Occidental College Athletics, recalls a soccer player who was elbowed in the mouth and suffered a broken central incisor and an upper lip contusion.

"Fortunately, there was no laceration of his lip, and the fracture did not involve the pulp or nerve of this tooth. I was able to bond and repair his tooth," Nakamura says.

"I also took the opportunity to fabricate a mouthguard for him and encouraged him to wear it during play and followed up with him on any required treatment."

Making an impression

It's not just emergency care that the LAFC dental team provides. They also see players on a regular basis for routine dental care.

During pre-season, the dentists conduct screenings to identify and triage any dental issues, particularly those that could pose future dental problems.

"Since many of the players come from all over the world to play with LAFC, they often do not have a regular dentist, so we become a dental resource," Nishikawa says. "I do treat many for preventive and routine care at my private practice in Torrance."

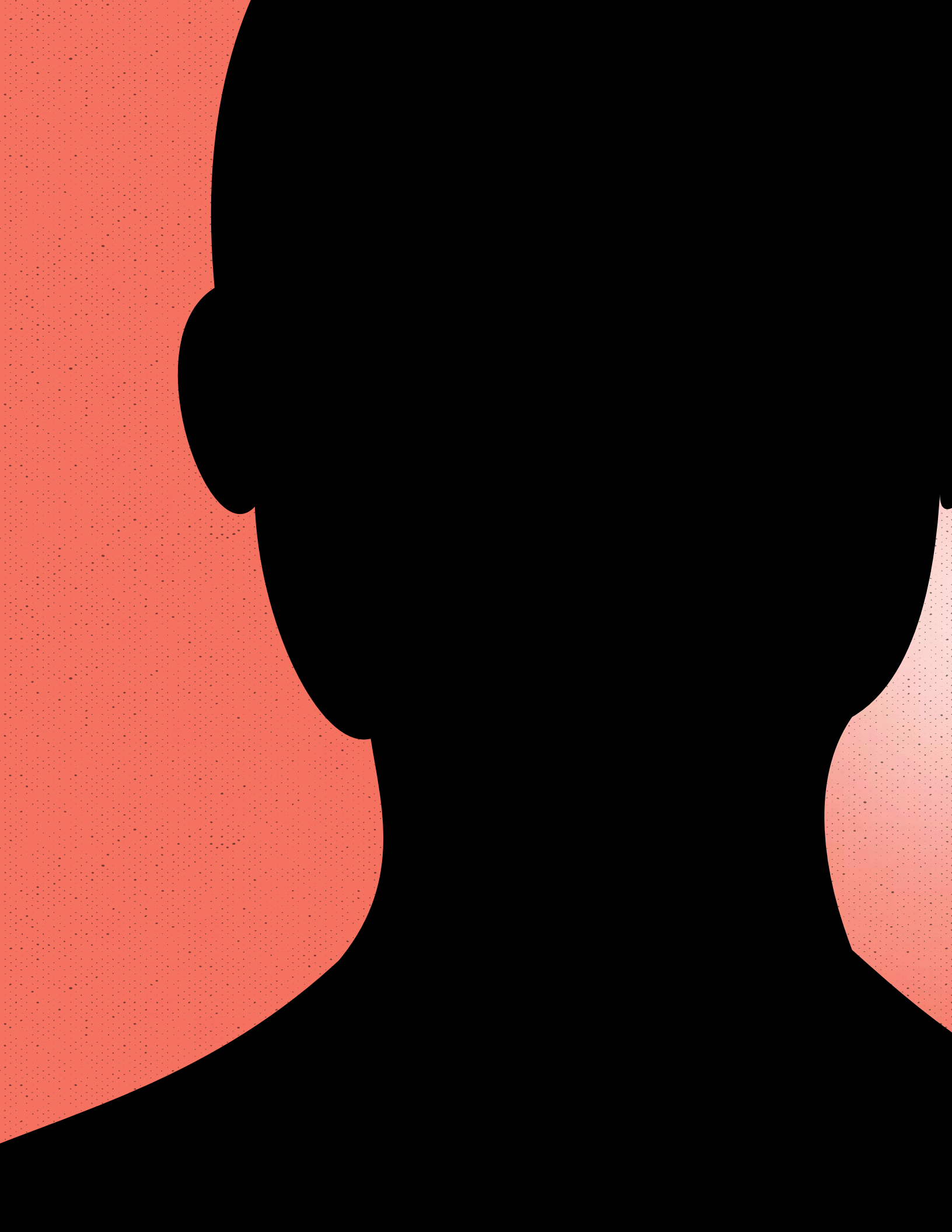
While mouthguards are suggested for all the players during their preseason screenings, Major League Soccer does not require their usage. So, many athletes do not wear them, putting them at further risk of injury.

During their visits, the dentists are able to build a rapport with their athlete patients and hopefully make a mark on the way they take care of their oral health.

"I made a mouthguard for one of the LAFC players during pre-season screenings. On the stadium big screen monitor, I saw him take off the guard, then replace it," Nakamura says. "It was a thrill to know that someone took to heart our recommendations to protect their teeth and mouth and hopefully, as a role model, encourage younger players to do the same."

While the world of sports is a unique way for a dentist to specialize, it's the ability to provide care and collaborate with other sports medicine professionals that the doctors say is most satisfying.

"I'm able to expand my network by working with sports medicine professionals who focus on areas from podiatry to physical therapy to ophthalmology," Nakamura says. "It's incredibly rewarding to combine my love for sports and dentistry in this way."



ON THE SHOULDERS OF **GIANTS**

BEHIND EVERY OSTROW LEGEND is another who has been there, offering advice steeped in years of experience, guiding their mentees along paths never traveled or simply lending an ear during times of adversity. In this issue's cover story, we celebrate the mentor — and the innumerable ways they make a difference to the professionals who follow in their footsteps. In the pages to come, we asked several USC dental community members to write a vignette of appreciation to those who so selflessly gave of themselves to ensure Ostrow's tradition of excellence in dental education continues to be passed down from generation to generation.

ILLUSTRATIONS BY MURPHY LIPPINCOTT



**CHARLIE
GOLDSTEIN**



**ROSEANN
MULLIGAN**



**SUNNY
FERESHTEH**

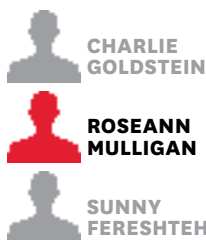


In Appreciation of **Charles “Charlie” Goldstein**

Look at any listing of the attributes of a mentor and find words like involvement, commitment and promotion of the mentee as characteristics by which to measure an individual's value as a mentor. What is not on those lists are virtues such as humility, generosity, kindness and love of life and people that emanated from my mentor, Dr. Charles M. Goldstein. “Charlie,” as he preferred to be called, was the epitome of a continuous learner, not afraid to return to school many years after his doctoral degree, to learn more formally about his passion: community oral health. While others might have had more degrees than Charlie, his knowledge base was informed by his experience. He never asked anyone to do a task if he himself could not be alongside, sharing the work load. In his quiet way, it was evident to all with whom he interacted that Charlie had not only the academic base but also the “street cred” behind what he said.

Charlie was not only a mentor to me but he role modeled for me how to be one. I treasure the fact that we had multiple relationships over the more than 25 years I knew him — as colleagues, friends, co-Trojans, co-faculty at the school and mentor/mentee. He never stopped being my mentor. Whenever I walk on the lower level of the school, I see his quote on the wall, surrounded by pictures of people of all ages, races and genders, and smile. It is pure Charlie: “I believe the most important thing a person can do is to help others have a better life.” My hope is that I learned his lessons well.

—Roseann Mulligan MS '87



In Appreciation of Roseann Mulligan MS '87

I met Dr. Mulligan in 2008 during my last year of dental school, when I interviewed to participate in an externship program with the **Community Health Centers of the Central Coast**. I made it my mission during that interview to make her laugh so I could ease my nerves while being interviewed by someone I admired so much. Fortunately, she chose me to participate in the externship. At the time, I had no idea how this program would shape my entire dental career.

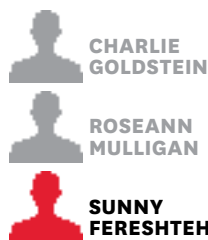
By participating in this externship, I was able to land my dream job at Ostrow's community clinic after graduation. It allowed me to serve the patients I had hoped to treat and become part of a wonderful team of clinical staff. This also gave me an opportunity to explore my new passion of teaching dental students in a community program environment. Dr. Mulligan asked me to work as a lead faculty for the students participating in the externship and to improve the program as well as communicate any issues or concerns. By assigning me this, I found that I had a true desire to teach USC dental students how to treat patients with empathy and the best quality treatment they can provide. One of Dr. Mulligan's exceptional skills is drawing out a skill set that someone may not know they have. She is able to subtly direct her faculty — especially me — in a direction that gives them not only confidence but a consistent, renewed passion for the task at hand.

In 2015, I decided to apply to become director of the USC Mobile Clinic. Luckily, once I was offered the job, I immediately worked closely with Dr. Mulligan to learn as much as possible about being in a leadership role. She has taught me so much over the past four years, ranging from student education to clinic leadership to faculty management to standard of care. The most valuable lesson she taught me is how to be a good role model. She is the best role model I have witnessed in humility, fairness and in her unwavering position of treating all patients with the highest standards of care.

I have been working since I was 15 years old — 22 years of work experience. In that time, I have never had a superior who has made me feel more positive about myself or given me the confidence to be a good teacher, dentist and human being.

I will forever be grateful to Dr. Mulligan and what she has not only given me but has shown me in regards to being in service to others. Dr. Mulligan has dedicated her life serving others through educating the students and faculty at USC. She is kind, caring, honest, humble and strong — all traits one would dream to have in a mentor.

—Sanaz “Sunny” Fereshteh DDS '09



In Appreciation of Sanaz “Sunny” Fereshteh DDS '09

“The thing I’ll always remember about each one of you,” she says, looking at us all, with the kindest of eyes, “are the lives of the patients you’ve touched.”

Even in the back of the crowd, I feel like her eyes lock on mine, and the flood of patients that we have seen together rush through my mind. The countless screaming children who we were able to soothe long enough to let us give anesthesia. The boy who we built an entire tooth for, so that he would not be laughed at for having a hole in his mouth. I even remembered creating the charts for the woman with a baby in her arms and multiple toddlers clinging to her pants who, knowing she had come too late to her appointment, had pleaded with us to be seen for she would not be able to get dental care any other way. Dr. Sunny has shown me, among many other things, how to approach patients with warmth and patience, as though they are the most important people to us in that moment.

During school, I was able to work alongside Dr. Sunny at the **USC Mobile Dental Clinic** and the Dental Humanitarian Outreach Program and gain a breath of fresh air — a reminder that dentistry is about the patient and doing what is right for the human being sitting in our chair. She has been the leading example to me and numerous other students — not only on how to pack composite and shape the anatomy of a mandibular first molar, but also on how to treat patients with respect and dignity. She embodies Charlie Goldstein's words “the most important thing you can do in life is to help others,” reinforcing the statement that no one should be denied dental care because they cannot afford it and encouraging students to be the best versions of themselves.

To me, she has been the positive role model who has listened to my self doubts and has reinforced the fact that I am capable and accomplished.

While other authorities have told me “you can't,” she has picked me up, dusted me off and pushed me past them. On the hardest days, she has been there to boost morale. On the happiest days, she has been there to celebrate. She has accepted me exactly the way that I am, and at the same time has made me want to be a better person.

I can only pray that I can pass on the feelings of hope and love to my future mentees, providing patient-centered care while lifting students up, as Dr. Sunny has for me.

—Rebecca Yamane DDS '19



**HARRY
DOUGHERTY SR.**



**RALPH
ALLMAN**



**GREG
KAPLAN**



In Appreciation of
Harry Dougherty Sr. '57, '60, DDS '62, MS '66

I actually had two mentors in my early dental career. When asked to write this, I was torn between writing about Rex Ingraham DDS '41 or Harry Dougherty.

Dr. Ingraham had offered to certain members of the Class of '62 teaching privileges if you had completed your requirements early. I will never forget the thrill of wearing a white coat with red stripes on the sleeve. However, my best friend and classmate, Dr. Jack Anderson, and I had sat next to each other for four years and decided we would move on to graduate orthodontics under the able leadership of Harry Dougherty.

In those days, Harry felt you should be in dentistry for at least two years before returning to orthodontics. Therefore, Jack Anderson and I were part of the entering class of 10 graduate students in 1964. A few of my classmates were actually older than Dr. Dougherty and, in the beginning, seemed to resent this young “whipper snapper,” chairing our graduate education! Harry made a condition of his return to head our orthodontics program that each of us complete an original academic research program and publish a master's thesis with his guidance. He also made a demand that each of us to complete our board certification. Dr. Anderson and I were two of the first from our class to complete this task, five years after our graduation.

Harry had a unique and inspiring way of teaching, which I will never forget. He taught us that clinical excellence was our standard. It went without saying that we all had the finest of graduate education, and we could immediately go into private practice and provide excellent patient care!

When nominating Dr. Dougherty for the Dental Hall of Fame, Dr. Glenn Sameshima, said, “The best description of him is Hemingwayesque — not in the literary sense, but a person with a commanding physical presence matched by [the qualities of] authority, defiance and intellect. He is a polyglot — fluent in English, Spanish and French and conversant in Japanese, German and Italian. He taught courses in Spanish in Spain, and in French in France for many years. ... Harry is an American patriot and warrior — as a kid out of high school, he enlisted in the Navy and found himself as a U.S. Marine medic in the battle of Okinawa in World War II. He was one of only two in his company to survive the horrible battle. [After that], Harry told me the rest of his life was a gift, and [that] he would never take anything for granted. He certainly lived life to the fullest. As residents, we remember him lecturing to us all day then retreating to his office to work. Late in the evening, he could be found discussing issues on the phone with colleagues from the Far East. Early in the morning, he would be on the phone with colleagues in Europe. He often was so busy that he did not notice he had not slept. Through all of this, he always had time for his students, lecturing to us, supervising our clinical cases and mentoring our clinical research projects.”

Those of us who had the honor and privilege of personally knowing Harry and having been inspired by his many enjoyable stories over time will never forget his mentorship and friendship!

—Ralph Allman '57, '60, DDS '62, ORTHO '66


HARRY DOUGHERTY SR.

RALPH ALLMAN

GREG KAPLAN


In Appreciation of **Ralph Allman '57, '60, DDS '62, ORTHO '66**

Maybe it's the fact that my son, Garrett Kaplan DDS '20, is following in my footsteps at USC. Maybe it's the feeling that my dad, Laurence Kaplan DDS '56, would be beyond tickled to see a third-generation dentist sprouting from USC. Or maybe it's the fact that Garrett now has the privilege of sitting in Ralph Allman's classroom, just as I did in 1982. Whatever it is, the Trojan Spirit is definitely afoot!

Don't get me wrong. When I say "Trojan Spirit," I'm talking about late-night study sessions and the sense of camaraderie my classmates and I continue to feel. I'm not talking 'SC football. That's Dr. Allman's department. In fact, Dr. Allman's penchant for including extra-credit questions on his exams based on football trivia always managed to trip me up — and Garrett too, it seems. Like my classmates, I could talk for days about our adventures in Dr. Allman's classroom.

I first met Dr. Allman in Rutherford Hall. He had the unique distinction of not only being a top-notch professor, he also happened to have been teaching at the dental school even while he was a student there. Suffice it to say, even after five decades, he still has the goods!

Just like my dad, Dr. Allman was a professional, no-nonsense educator. "Quality is quality, there is no room for shades of gray!" he would say. At that time, I had no idea if what I was producing was "quality" or simply paper clips and sticky wax. But, with his encouragement, I strove to meet his high bar. There I was in ortho, pouring models and bending wires, trying to channel the patience of a saint. As the hours wore on and on, I began to wonder if climbing Mt. Everest might be an easier endeavor. Working late in the evenings, once I finally mastered the projects that Dr. Allman assigned, I would treat myself to a nice glass of *vino*. The next morning, I'd start the process all over again.

Was he intimidating? Yep. Downright scary. But as time went on, we became great friends.

Memories of merlot aside, the Trojan Spirit has infused me with an appreciation of the people at USC who encouraged and challenged me. Professors like Dr. Allman helped me develop my commitment to community, my professionalism and the pay-it-forward mentality that I recognize in my classmates.

When I took hold of my USC DDS diploma, I understood that I didn't get to that point without my Trojan family, especially Dr. Allman and my dad. I am proud to envision the day when my son, Garrett, will have the same feelings of gratitude to his Trojan Family.

—Greg Kaplan '80, DDS '84


HARRY DOUGHERTY SR.

RALPH ALLMAN

GREG KAPLAN


In Appreciation of **Gregory Kaplan '80, DDS '84**

Little did I know, back when I was a Cub Scout, that in addition to mastering outdoor skills and learning good values, I was also getting my first taste of dentistry. My den leader (and dad), Gregory Kaplan, always made sure we had fun while learning. As first graders, we learned the Scout sign by making alginate impressions of our hands doing the sign and then pouring them in plaster. At another meeting, he guided us in knife safety by teaching us to carve animals out of bars of soap.

Fast-forward a few years to a tour of the USC dental school. I had my first experience carving a tooth-sized block of wax with a Lenik manual by my side. Fast-forward again: There I was with my classmates, sculpting away. The medium had changed again — from soap to wax to composite resin.

I find it ridiculous, yet beautiful, that since elementary school, I've been one of those crazy people who has known he's wanted to be a dentist. Memories of striding into Wilshire Center Dental Group to visit dad and my grandfather and always finding friendly patients and adoring staff, well frankly, it still makes me smile. Back then, I made excuses to visit the pediatric department, where a classic Disney film was always running and a Nintendo 64 (which we didn't even have in our home) beckoned. I came to think of the dental office as a place of fun, happiness and family!

As time progressed, my respect and love for dentistry has deepened. I get to help people every single day. I get to work with my hands. Carve, sculpt and play with a myriad of materials! No person or case is the same.

I couldn't have discovered such a meaningful life's work without dad, my greatest mentor of all! Frankly, I'm not allowed the word count that could adequately cover all the ways my father has been a mentor and an inspiration — his support, passion, excitement, pride, talent, compassion, ingenuity, creativity, experience, knowledge, respect and life-long learning hardly cover it. Dad and his circle of friends and doctors, who share the same core values, continue to inspire me.

I treasure the experiences we've had and continue to have; listening to music while carving central incisors, discussing the inner workings of the human body and learning alternative solutions for interesting puzzles (and by puzzles, I'm referring to potential treatment plans). Ultimately, dentistry is something we're both passionate about. I guess you could say: I got it from my dad.

—Garrett Kaplan DDS '20



**MAHVASH
NAVAZESH**



**GAYLE
MACDONALD**



**JOYCE
GALLIGAN**



**MARLENE
TALLEY**



In Appreciation of
Mahvash Navazesh & Gayle MacDonald MS '81, MS '83, PhD '91

One of the most important — and overlooked — aspects of being in an academic setting is having mentors who help you manage the grind of daily struggles and the challenges with perhaps some clinical situations, committee work or teaching methodology. I have been lucky to work with many incredible faculty and staff who have salvaged my sanity, dried my tears and challenged me to be more than I thought I could be. When I started my full-time position here at the school, I was lucky to have two significant mentors: Mahvash Navazesh and Gayle MacDonald.

My two significant mentors early on in my path here may or may not have been formally assigned to me, but they did informally walk into my life when I was hired as full-time faculty member on January 1, 1997. Their mentorship was a crucial form of support for my new and early career here at the school.

Both of these very strong, talented females showed me respect. Showing respect can be about big or little things. For example, both veteran faculty members embraced my new ideas for infection control monitoring, vaccine tracking for students, updating physical evaluation pink performance record and updates to the patient medical history forms, conveying to me that I was being taken seriously as a newbie. When one of them would come by my office to just say, “hi,” they were acknowledging that our relationship is about both of us. As a new faculty member, I felt worthy when these two well-admired colleagues reached out to make sure I was actively involved with projects under their responsibility. The respect they showed me came in many forms — having lunch together, sending me an encouraging email or voice message and even inviting me to go to continuing education courses or outside presentations together.

By truly listening to me, Gayle and Mahvash got to know me. They got to know me in a more personal way than I may have even realized I was letting on. For example, these two great mentors could pick up on when I was stressed out, when I was in the zone, when I was having a good day and so on.

Gayle and Mahvash could put together all the verbal and nonverbal clues I was giving off. They synthesized what I needed — even when I may not have been able to say it myself. And once they recognized what I needed, my mentors came to my aid. If one of them thought I needed a sanity lunch, they would plan one. If they thought I needed some advice on dealing with non-compliant students, they lent me some advice.

My great mentors pushed me in my thinking and helped me grow in new ways. They alerted me to new teaching methods and provided tips for how to handle various clinical or administrative situations throughout the academic year.

—Joyce Galligan DDS '95


**MAHVASH
NAVAZESH**

**GAYLE
MACDONALD**

**JOYCE
GALLIGAN**

**MARLENE
TALLEY**


In Appreciation of **Joyce Galligan DDS '95**

Joyce Galligan is a warrior. She is as tenacious as a pit bull with a pork chop. She is the epitome of a life-long learner. And she is my mentor.

I first met Joyce when I was the teaching assistant for her pre-clinical fixed prosthodontics class with Dr. Cho. Her lab partner would tease her, and she would give it back just as hard. I admired her feistiness. We kept in touch after graduation (I married her lab partner, which helped, but that is another story). Fifteen years later, she recruited me to work at the school.

She is a tenacious warrior because she fights hard for time and resources to provide the students with the education necessary in infection control, patient assessment and cancer screening. Seldom does she take “no” for an answer. She does not compromise on the student’s education or upholding the standards set. The quick and easy way is not an option if it is not the best way. At the same time, she is passionate about doing the right thing. She is also patient, understanding and empathetic. Students with problems will always find a sympathetic ear.

Joyce is truly a life-long learner. She is constantly scouring the news and the latest literature on trends. I have had many late-night conversations about how we can incorporate the latest information into the curriculum. She has been responsible for raising awareness about the opioid epidemic, current laws that affect dentistry and oral cancer risk factors. Most recently, she has been researching the consequences of the increased use of marijuana we are seeing with our patients. She sends the students and faculty updates on a wide range of issues constantly. She has also been responsible for incorporating different ways of learning into the education. She proposed the idea of having the students create videos during their first year to demonstrate their skills on infection control and cancer screening.

I appreciate that Joyce is a strong-willed woman with a sense of humor. I appreciate her decisiveness and unwavering moral compass. She is a role model for me, my daughter (who loves her Aunt Joyce) and especially all the female students. She cannot be intimidated. Her parents must have not told her about the reality of gender inequality, or she didn’t listen. I am grateful for having the privilege of working with Dr. Joyce Galligan and hope to inspire some of my students like she has inspired me.

—Marlene Talley DDS '92


**MAHVASH
NAVAZESH**

**GAYLE
MACDONALD**

**JOYCE
GALLIGAN**

**MARLENE
TALLEY**


In Appreciation of **Marlene Talley DDS '92**

What sparks the beginning of a mentor-mentee relationship is admiration and appreciating how your mentor presents herself and what she sets out to accomplish. This admiration is directly related to the realization that the qualities and values of your mentor match closely with your own, and that your mentor is a person you aspire to become.

I first encountered Dr. Marlene Talley on my patient assessment rotation during my first year of dental school. Her unique sense of humor and youthful demeanor intrigued me. As a patient assessment faculty member, Dr. Talley is one of a team of dental professionals who greet and evaluate new patients to the school. I witnessed her expertise with complicated medical histories and medications and the way she informs and guides patients with empathy, making them feel comfortable and heard — and all of this while teaching DDS students. During my second year, I was enrolled in Dr. Talley’s treatment planning course. After class, I frequented her office hours for additional questions and support. During my third year, I accepted her offer to become a teaching assistant for this same course. New to clinic, I also planned treatment for my first patient, which was a rather difficult case, and emailed Dr. Talley in panic. She responded immediately and met with me, talking through the different options for the patient and shedding light on options that I hadn’t even considered.

Among Dr. Talley’s most admirable qualities is her passion for molding DDS students into exceptional practitioners. She does not accept mediocrity and always stresses the importance of practicing safe, evidence-based dentistry. Her genuine dedication to constantly improving the curriculum is made possible by her willingness to adapt and accept feedback, while also fighting for what she knows to be important to our education. Dr. Talley has taught me to unapologetically take a stand for what I believe in, to be creative and work collaboratively with my peers. She has taught me to present myself in a way that is nothing short of excellence.

I happily anticipate becoming a mentor to future dental professions as I will likely pursue a career that places me in the academic setting. I believe in cultivating and maintaining camaraderie in our profession and would be honored to help shape future bright young minds. Like Dr. Talley, I want all dental professionals to make evidence-based decisions and hopefully have the opportunity to cultivate meaningful mentor-mentee relationships.

—Dominique Chagniot DDS '20



**CASEY
CHEN**



**PARISH
SEDGHIZADEH**



**LAUREL
HENDERSON**



In Appreciation of **Casey Chen**

Mentorship is a key to success in almost any profession, but in academia, it is indispensable.

As a dental student here at Ostrow, I found a great mentor who helped me navigate through dental education, pushed me to follow my passion for pathology and specialize and then offered me a position here as a junior faculty after I finished my residency.

My mentor was not just a teacher and colleague; he also became a friend. One day, he was offered a position as dean of another dental school. As happy as I was for him, I ultimately found myself without mentorship, and this is how I eventually came to adopt a new mentor, Dr. Casey Chen. We were not a match made in heaven, being from two different specialties, backgrounds and personalities. But, in time, we made it work, and I owe a lot of my current success to Dr. Chen.

Why? Because of the tangible support and guidance he gave me. Anyone who knows Dr. Chen will tell you he is not emotional or melodramatic — he can be tough and difficult to gauge. He is a respected educator, leader and scholar in his field. And, like me, he is passionate about serving in academia and approaches his work with diligence and thoughtfulness.

He gave not spiritual guidance or rhetoric, but instead substantive support and his valuable time. He met with me regularly, set goals for me and held me accountable for accomplishing them. He provided me with research funds when I was not funded by grants, so that I could do the necessary work to eventually get funding. He reviewed my grants and publications and gave critiques, suggestions and collaborative support. He taught me failure is normal in research and grant writing and that I had to persevere to succeed. He gave me opportunities to grow and expand my research goals and efforts and provided the tools, infrastructure and resources to do so.

He shared my passion for clinical research and translating laboratory findings to patient care. He saw potential in me to improve where I myself did not. He introduced me to leadership roles and administrative responsibilities by giving me the opportunity to be a section chair in our division. He taught me that having a vision with specific goals and a timetable to accomplish them is important.

All of the lessons I have learned over the years from Dr. Chen will make me a better mentor to the next generation as we pass on the torch of education and research, so thank you Dr. Chen for holding me to a higher standard. It is a privilege and honor to be your mentee!

—Parish Sedghizadeh DDS '01



CASEY
CHEN



PARISH
SEDGHIZADEH



LAUREL
HENDERSON



In Appreciation of Parish Sedghizadeh DDS '01

Parish Sedghizadeh is a living legend among Ostrow students, faculty and patients. He is one of the most active faculty members and frequently has the last word on patient cases. He is a trusted advisor, colleague and friend to many.

As a dental student, I was immediately impressed by his ease in every situation. He can cheer up a patient on their darkest day, speak conversationally about almost any medical condition, capture the attention of any lecture hall and produce high-level, NIH-supported research. Rotating through his oral medicine clinic during my fourth year of dental school was so impactful that it actually changed my career course. Witnessing him thoughtfully and empathetically give a patient their diagnosis of oral squamous cell carcinoma made me realize that dentists can and do save lives. I decided that day that I wanted to follow in Dr. Parish's footsteps, treat patients with medical conditions that impact the head and neck, and enter the USC orofacial pain and oral medicine residency program.

Dr. Parish has taken time to mentor me knee-to-knee at the microscope and held my hand through surgical pathology, research of medication-related osteonecrosis of the jaw and publication of rare clinical cases. He has given me one of the greatest lessons of my academic career: Don't ask simple questions that you can easily find the answer to. Instead, go learn the basic principles yourself and then return with higher-level questions to have deeper discussions. He always advocates for the profound, substantive inquiry, ultimately asking the question, "Can we make a study out of this to help patients?" This elucidates the simple truth that the more we know, the more we realize we don't know.

This principle is what makes Dr. Parish so humble, so approachable and so enjoyable to be around. Because of his mentorship, I decided to continue my training with a residency in oral and maxillofacial pathology. It is my dream to similarly disseminate knowledge, comfort patients and advance the practice of dentistry to care for medical conditions.

If you have five minutes to sit with him, hear him speak or read one of his many publications on Pub-Med, I think you'll feel the same way. He is a firebrand, a blaze of energy and a shooting star. He's the real deal. He will inspire you to do more, read more, write more and expect more of yourself. He is a shining light and a true example of what stellar research, patient care and education could and should be.

—Laurel Henderson DDS '17, OFPOM '19



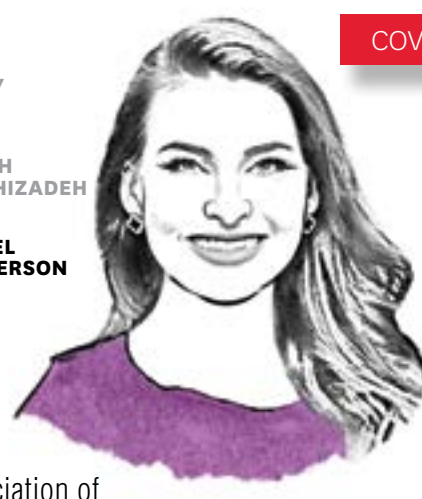
CASEY
CHEN



PARISH
SEDGHIZADEH



LAUREL
HENDERSON



In Appreciation of Laurel Henderson DDS '17, OFPOM '19

Coming from Chile, a country with a different language and educational system, my first days at USC were hard. I was not as prepared for this adventure as I thought.

Although I am trained as a dentist and a prosthodontist, it was intimidating to begin Ostrow's online orofacial pain and oral medicine program as well as begin conducting on-site research. But, luckily, it became easier as I began to meet wonderful people like Laurel Henderson. Since we met, she has become my advisor and has personally guided me along my path with her kindness and brightness.

The doctors in the OFPOM clinic look at a patient's history and subsequent developments before conducting a current evaluation to make a correct diagnosis. These cases require the ability to "read" the patient to understand symptoms that many times are not visible (trigeminal neuropathies, for instance), and Dr. Laurel has this admirable capacity to read the patient during the first visit. She has this soft skill of empathy and communication that you cannot learn from books.

Dr. Laurel gave me the confidence to develop the different approaches of our specialties. Her passion and understanding guided me to start new paths in my own career as I have decided to additionally follow her into the in-person OFPOM residency program. She has even helped me practice my case presentations and has been supportive with my research ideas and projects. In simple words, she has been my mentor, helping me achieve all my professional goals in the United States.

But the most important thing she has showed me is the importance of having a mentor. That's changed my professional life in a beautiful way because I feel that I have someone I can talk to about either professional topics or personal things. That is for me the mentorship concept: collaborate and give knowledge and personal support to another person. All these great values I learned from Drs. Laurel and Parish [Sedghizadeh], who gave me all the support and confidence that I needed to be part of the Trojan family.

Now, as the next resident of the OFPOM clinic, I would like to spread these values to the students and colleagues who follow me. I want to share the importance of being supportive and humble to receive the advice and help from colleagues and mentors. It is with those values that we can be better people and professionals for our patients.

—Anette Vistoso MS '20



Never Give Up

Ostrow student Shannon Grady DDS '22 overcomes ADHD diagnosis to pursue her dream career.

BY JOHN HOBBS MA '14



Shannon Grady DDS '22 can remember her high school graduation just like it was yesterday.

Walking proudly across the stage, Grady reached out to get her diploma from the vice principal — a man with whom she had always had troubles — when he said something that devastated the gleeful graduate. “You will *never* be any better than this. This is as good as it gets for you.”

“I remember thinking to myself, ‘Why would you say that to *anyone*?’” Grady says, her eyes brimming with tears from the hurt remaining even after 30 years.

The vice principal wasn't the only one with such low expectations. Naysayers would often tell Grady she was bound for a minimum-wage life. After all, she was always in trouble at school. She couldn't sit still, never listened to her teachers and had difficulty learning new things.

At 24, everything changed when doctors diagnosed her with attention-deficit/hyperactivity disorder (ADHD), a brain disorder that makes it difficult for a person to pay attention and control impulsive behaviors

“I found out about this, and my whole life changed,” Grady says. “I wasn't dumb after all. It just took me a little bit longer than usual to learn.”

Proving them wrong

With a newfound confidence caused by better understanding how the disorder affected her learning ability, Grady set out to prove everyone wrong.

She had graduated high school with the reading ability of a fourth grader, she says. So, her first task was to get her reading and writing ability up to speed, which she did with two years' worth of classes at a San Diego community college.

While working full-time as a manicurist, Grady completed some prerequisite courses and, in 2004, graduated from Southwestern College with an associate's degree in dental hygiene. She went on to earn a bachelor's degree in business management and, in 2010, a master's degree in education from Northern Arizona University.

Each earned degree bolstered her confidence and validated that she could achieve so much more than her teachers and classmates had expected.

Never too late to start a new career

Last year, after building a solid 15-year dental hygiene career, Grady changed gears, joining the Trojan Dental Family as a DDS student.

“I may not be the most ordinary applicant to your dental program,” writes Grady, then 47 years old, in her admission essay, “But I can assure you that I am probably one of the most determined individuals to have come across your desk.”

Throughout her dental hygiene career, Grady had volunteered with several organizations, providing dental care to underserved children, helping senior citizens brush and floss their teeth and providing oral hygiene education to the masses.

She also spearheaded a program called Bright Smiles School-Based Sealant Program for Uninsured Children to ensure Yuma County children at 48 elementary and middle schools were treated with sealants and fluoride and educated about how to prevent decay.

These experiences helped her realize she could be even more effective treating underserved children by earning a DDS degree, which inspired her to take the leap from mid-career security to the uncertainties (and cost) of dental school.

Giving up is not an option

Grady says it was Ostrow's community oral health focus that caused her to select it over the other dental schools she visited. “I could tell what each dental school was about, whether that was research or whatever,” she says. “[USC] was the one I could tell was most about community.”

Though she admits dental school isn't easy when you're 48, she hopes her story might inspire others — mid-career professionals or her classmates — to never give up on their dreams.

“Find a path you want and volunteer, try it out and see what doors open,” says Grady, who often wears a necklace that says, “Never Give Up.” “I strongly believe that this necklace is the source of my strength at times.”

Whether that is true or she is just being modest about her own strength, there's little doubt the words couldn't better reflect the arduous journey Grady has made from misunderstood high school student to a future Trojan dentist.



THE FOREVER STUDENT

*USC dentistry alumna credits time at Ostrow
for successful pediatric dentistry career.*

BY MICHELLE MCCARTHY

It's

not often you hear someone utter the words, “Kids are excited to go to the dentist.” But that’s exactly what Jeanette MacLean, DDS ’03, says about her patients, and she attributes the break in the norm to her time as a USC dental student.

Now running her own practice in Glendale, Ariz., MacLean says the problem-based learning (PBL) model she learned at USC taught her to be a forever student.

“PBL is a different approach to education,” she explains. “Instead of the traditional format where you sit in a lecture and memorize the information, you’re placed in small groups and presented a problem. We had to figure it out by doing research, and that pushed us to learn with a different perspective.”

The pre-clinical program’s final exam was called the triple jump; once again, students had to solve a problem, but now they were flying solo and had to present their case in front of a panel of researchers and dentists.

“It prepared me for private practice because that’s exactly what I do every day,” says MacLean, who completed a post-graduate pediatric dentistry program in 2005 at the University of Nevada School of Medicine. “A patient comes in. [Their treatment is] the problem we have to figure out. It gave me confidence to be able to do that.”

A passion for lifelong learning

According to Malcolm Snead, professor and chair of Ostrow’s Division of Biomedical Sciences, as a student, MacLean was “interested in deep-dives into ideas and concepts that fascinated her.”

When she found a problem in health care delivery, “she applied the core PBL concepts to identify what she knew, what she needed to learn and then applied that new knowledge to better understand the original problem. This approach often leads to innovation, and this is clearly what she has accomplished as a professional,” Snead adds.

Realizing science and technology are ever evolving, MacLean says PBL also helped foster in her a passion to always keep learning. She stays up to date on dental literature to discover innovative technologies for her patients.

You could say MacLean’s ultimate “triple jump of life” took place while trying to find an alternative to a big issue in pediatric dentistry — sedation. Since many young children are fearful or can’t sit still during procedures, they are often sedated. “But sedation carries incredible risk and cost,” she says. “Plus, filling a cavity doesn’t impact the cause of the disease. It simply treats the symptoms.”

There are two key life events that changed the way MacLean approaches dentistry and, specifically, the use of sedation. Now a mother of two, she experienced the fear that accompanied her daughter undergoing surgery at only 9 months old. “I used to be dismissive of parents’ concerns about the safety of sedating their child to accomplish dental treatment,” she recalls. “But, when it was me on the other side of the table, it made me much more empathetic.”

Secondly, she experienced an emergency situation with a patient with special needs who was undergoing IV sedation during dental treatment. The child recovered, but it made MacLean ponder what she could do to make the practice safer.

An SDF advocate

“It led me to discover minimally invasive dentistry and less invasive options like silver diamine fluoride (SDF),” she explains. “It’s a topical, antimicrobial and remineralizing agent, so you’re treating the tooth decay with medicine versus surgery. You isolate and dry the tooth, and with nothing more than a microbrush, you apply medicine for a minute. There are no shots, no drills; it’s quick, easy, painless, safe, effective and inexpensive. It’s revolutionary.”

SDF stops tooth decay and fortifies the tooth with fluoride. The downside is it causes active cavities to turn black. But, used in a pediatric setting in which patients still have their primary teeth, the discoloration is a temporary issue.

“It’s not a cure-all, and it’s not for every patient or every tooth,” MacLean says. “But it is powerful oral medicine that can increase access to dental care and is particularly excellent for the most vulnerable population — children.”

In 2016, MacLean had the opportunity to advocate for the use of SDF in a ***New York Times* article**. She also lectures about its use all over the globe.

Charles Shuler, a former Ostrow faculty member, says MacLean’s career “continues to reflect her commitment to inquiring about the best ways to diagnose and treat oral diseases of children. This has led her to the use of silver diamine fluoride, and she is sharing the expertise she has developed with oral health professionals internationally.”

To those who may have reservations about its use, MacLean recommends they read up on the practice. “When I first heard about it, I was highly skeptical, too,” she says. “When I read the literature, it blew me away.”

Since her experience at USC proved so impactful, MacLean would like to share this bit of advice with current dental students: “Your education is just the beginning. You owe it to yourself and your patients to never stop learning. No one knows it all. Never stop reading, never stop researching, never stop learning.”





DENTISTRY WITH A LIGHT TOUCH

Minimally invasive techniques are now part of the USC dental curriculum, and they are making a difference for patients.

BY KATHARINE GAMMON

continued on [page 38](#) »

Phark shows students how to gently separate the teeth to prepare them for the application of resin.

Ariella Glodowski DDS '20 could see on her X-rays that she had small caries lesions forming — even though they weren't large, painful or even visible to the naked eye, yet. The early detection gave the then third-year dental student an opportunity to experience firsthand a minimally invasive dental procedure called resin infiltration, where early caries lesions are infused with resin rather than drilled and filled.

In December, she had the procedure, which she says was nearly pain free. "It was like a normal procedure except there was no drilling involved," she says. "It was relaxing, to some extent, because there were no sharp objects involved, just some pressure." She was also relieved to know that she wasn't losing any tooth structure to the drill. Often, when dentists complete traditional dental restorations, they can end up removing healthy tooth tissue, which can result in more damage over time.

LEAVING THE DRILL BEHIND

Resin infiltration is part of a growing trend in micro-dentistry, or minimally invasive dentistry, says Jin-Ho Phark, the associate professor of clinical dentistry who performed Glodowski's procedure. "Patients tend to associate dentists with drilling, and they don't like that," he explains. Plus, every time dentists complete a restoration, they have to drill away a little more of each tooth — so, over time and multiple procedures, there is less and less healthy tooth structure to work with. "So, we have been trying for a while to reduce the amount of drilling while still taking care of the disease."

Caries and tooth decay can take a long time to develop. There might be many years before a patient feels any pain or physical evidence of a cavity due to caries, Phark explains. The

trick to minimally invasive dentistry is to catch the caries before it becomes a big problem and stop it in the early stages. "In the past, the standard was to wait until the lesion was big enough to be worthy to be drilled into," Phark says. "With the new technique, we can stop the cavity early on and prevent it from breaking down and needing a filling at a later time."

A dentist can use a special liquid resin to infuse into the lesions, which are porous. "We fill those pores with this resin. It acts, in a way, like a sealant, and it's a very preventive measure," Phark says. Dentists have been using sealants to cover the grooves on chewing surfaces, and now they are using it to close up lesions developing between teeth, he says. They apply the resin onto the tooth's surface, and a network of pores within the enamel force the resin deep into the tooth. "After that, we harden the resin with a blue light."

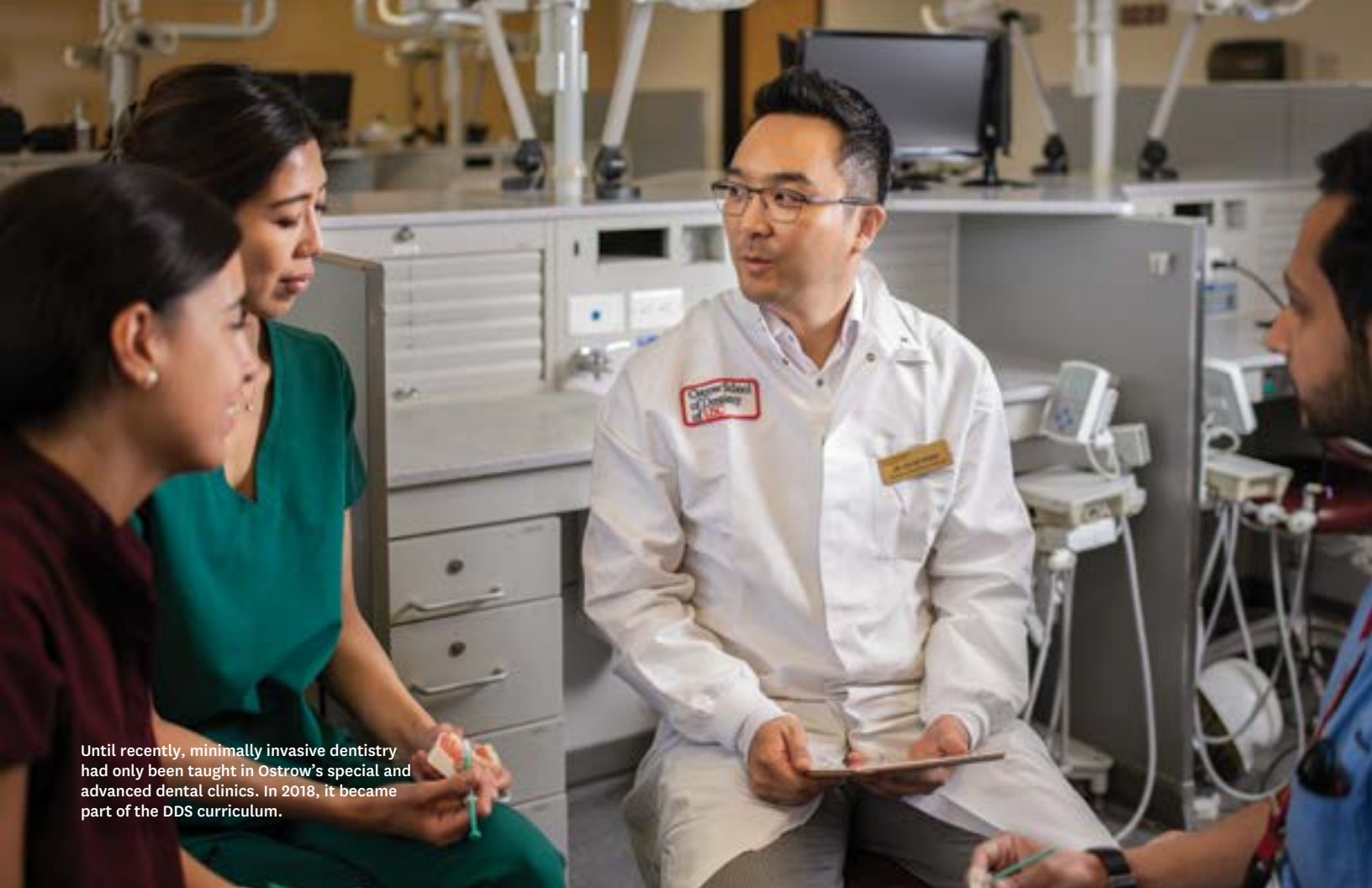
PAINT ON PROTECTION

In situations where the caries lesion has already progressed further and turned into a visible cavity, another minimally invasive dentistry technique gaining in popularity is the use of silver diamine fluoride. Though used internationally for years to stop caries progression, it has only been approved by the U.S. Food and Drug Administration for use in the United States for tooth sensitivity.

In its off-label usage, the antimicrobial, remineralizing compound is painted onto a tooth's surface where cavitated lesions are visible, effectively halting any further caries cavitation. The method has been widely used in children or patients who might have a fear of the drill, Phark says. One negative side effect is that the compound can leave teeth blackened at the application site,

Phark demonstrates resin infiltration using two sugar cubes. The left sugar cube was treated with resin and remains structurally sound even after being submerged in water. The right one meets an expected fate.





Until recently, minimally invasive dentistry had only been taught in Ostrow's special and advanced dental clinics. In 2018, it became part of the DDS curriculum.

which is why it's been widely adopted for children's primary teeth, making it only a temporary problem.

FIRST IN THE NATION

USC is the first school to teach minimally invasive dental techniques on a large scale, already starting on the pre-clinical level. So far, these techniques had been offered to patients only in special clinics or advanced programs, such as advanced operative and adhesive dentistry. However, last fall, Phark started teaching them to the first-year class in a new module called cariology and micro-dentistry. Once this class enters the clinic, they will be performing this kind of treatment on a regular basis.

Glowdowski is excited to experience it firsthand, but also to offer more drill-free options to her patients in the future, as the technique becomes more widely available. "Patients are going to be really happy that this is a possibility that works for them, especially if they have phobias about drilling," she says. "It offers a more conservative approach, which is what we're trying to strive for."

Phark says resin infiltration, resin sealants and silver diamine fluoride shouldn't be expected to replace good oral hygiene and other healthy habits. Dental teams should start a larger conversation around health, which might even include having a nutritionist as part of the practice. "We are trying to be more and more preventive in the case of tooth decay and fight the causes of this disease, rather than patching up the consequences by drilling and filling," he says.

The new cariology curriculum is also paired with the implementation of new caries detection methods that use near-in-

frared, laser fluorescence and even the use of dental microscopes. This will help to detect and monitor such caries lesions more reliably.

THE DEATH SPIRAL

Part of what students learn is how to look at a patient's history and ask questions to determine their risk of developing cavities. They also are trained to assess if patients have enough saliva, as saliva contains minerals that have a protective function for teeth.

There are very few downsides to the resin infiltration, though. Phark says that some people don't like the rubber dam that dentists have to place over the tooth to make sure there is no saliva and blood getting into the preparation.

In addition, after the resin is placed, dentists can't see it on an X-ray; they can still see the dark spot of the lesion, and they have to compare the size of the lesion to make sure the resin seal is working.

Still, the technique is far better than composite fillings, which last an average of five to seven years. "So a young patient, a teenager, is going to live another 80 years," Phark says. "You would replace that multiple times? And every time it gets bigger." He calls it the death spiral of a tooth: starting with a small filling, then a bigger filling and eventually a partial crown or a crown. "We are trying to stop this cycle that the tooth is going down from the beginning," he says. "It's especially important for adolescents."

"This is a really exciting innovation," says Glowdowski, whose X-rays show the lesion isn't growing under the resin. "I hope it will become more widely used in the future."



“... Selflessly serving others brings unparalleled rewards that can have untold effects on us ...”

PHOTO COURTESY OF W. BLAKE BYBEE

“Your wife has cancer.” I listened to those words in disbelief. I thought of our three children. Our family had just finished dental school. This wasn’t supposed to be happening — no, not right now.

My wife, Erica, and I spent a lot of time crying. We prayed a lot. I would often just hold her close to reassure her that we were going to be OK. The journey began. In the middle of the many appointments and surgeries, one day we found ourselves at a lunch where someone talked about a dental service opportunity. In that moment, both of us knew that we needed to serve and that, despite our physical ailments, we had something to give. Often times, the best medicine is giving of ourselves freely in selfless service.

A message from an inspiring life, that of World War II refugee Dieter F. Uchtdorf, teaches, “As we lose ourselves in the service of others, we discover our own lives and our own happiness.”

Within six months, we found ourselves on a service trip to Tegucigalpa, Honduras. Then again to Guatemala City, Guatemala. We had begun to find a cure to some of life’s most challenging trials.

It was on our trip to San Salvador, El Salvador, though, that we met Kevin. Kevin was 19 and had never seen a dentist. As we spoke, we knew that he needed help. He needed love. An endodontist completed seven root canals. With Erica assisting me (along with another dentist), we completed nine restorations, most of which were on his front teeth. Later, an oral surgeon performed five molar extractions.

We don’t have to look very far to see similar circumstances and need. It was however, what happened at the close of our 14-hour

clinic day that changed us forever. We had been working on Kevin’s four front teeth for nearly two hours, trying everything to save them.

At long last, we sat Kevin up in his chair. We handed him a mirror, and immediately he dropped his head and covered his eyes. I knelt at his side, and he placed his arm around me. Weeping, he said, “*Gracias, gracias, gracias.*” The burning in my back and the pain in my neck after a 14-hour day washed away in tears. Tears of gratitude and pure felicity.

While service may not give the cure for cancer, it can certainly cure many of our ailments caused by selfish desires. As we look beyond our own circumstances and see the plight of others, we quickly realize how wonderful our lives actually are.

Fortunately for us, Erica’s cancer was placed in remission. Arguably more important to us, our lives were placed on a trajectory with a desire to serve others and relieve pain. The news of remission brought with it a flood of emotions and excitement. In contrast, selflessly serving others brings unparalleled rewards that can have untold effects on us, even eternal ones.

The Herman Ostrow School of Dentistry of USC teaches this. While in school there, I didn’t have to look very far for service opportunities. **AYUDA, Mobile Clinic, La Maestra, Union Rescue Mission** and County Hospital are just some of the wonderful venues to provide service to people who need help. It was there, under the watchful mentorship of world-class faculty, that I learned how to perform dentistry — dentistry that has the potential to change lives forever.

MEMORIALS & TRIBUTES

NOVEMBER 2018–APRIL 2019

The following are gifts made in honor or tribute to individuals who have made a lasting impact on the USC dental community:

**In Honor of
the Class of 2019**
Anonymous

**In Honor of Dr. and Mrs.
Ralph and Sigrid Allman**

Dr. and Mrs. Jack and
Carolyn Anderson
Dr. and Mrs. Frank and
Gina Enriquez
Dr. and Mrs. Richard and
Judy Kahn
Mr. and Mrs. Bruce and
Jamie Lanfried
Dr. and Mrs. Jack and
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