

THE OFFICIAL ALUMNI PUBLICATION OF THE HERMAN OSTROW SCHOOL OF DENTISTRY OF USC | FALL 2014

TRODENT



DEFINING THE FUTURE

P. 17-24

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Dear Trojan Dental Family,

It is with great excitement that I share with you the Fall 2014 issue of the *TroDent*!

In this issue's cover story, we look ahead a few years to explore what the future of dentistry might be—a subject you can imagine we take very seriously here at the Herman Ostrow School of Dentistry.

I often say that, as dental educators, we must not be content with simply preparing our students for dentistry as it is practiced today. No, we must prepare them to be the great minds, innovators and thought-leaders of dentistry as it will be practiced in 5, 10, even 15 years.

We've invited three faculty members (Sillas Duarte, Mavhash Navazesh and Parish Sedghizadeh) and Board of Councilors member Paul Guggenheim to author thought-provoking essays on what they think the future might hold for dentistry. We also highlight some of the technology upgrades we've made here at the Norris Dental Science Center to ensure our students have hands-on access to the same technology they'll be expected to use everyday in the workplace now and well into the future. You can find all of this on pages 17-24.

Also speaking to the future of dentistry is a feature we have on Lesley McGovern, one of Ostrow's first graduates with a master's of science in dental hygiene. This exciting new degree will propel its graduates (this fall, there will be five) to become leaders who advance the art and science of dental hygiene. We also have a feature (despite protests I've made to protect my humility) on my pursuit of a master's of business administration. I hope to use my degree to help position our students to become even more effective business managers once they step into their own practices after graduation.

The truth is no matter how much we might like to speculate about the exciting developments ahead, there's no way of knowing for sure what's next for the profession we all have dedicated our lives to. What I do know for sure, though, is with the support of our alumni and the tremendous capability of our faculty and staff, Ostrow graduates will be ready to rise to the top, no matter what lies ahead.

Enjoy the *TroDent* and as always Fight On!

Avishai Sadan
Fight On!

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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See images from the event:
glennmarzano.com/whitecoat2014



FUTURE IN FOCUS

Incoming DDS Class of 2018 student Patrick Lin (left) smiles for the camera with a family member just after donning his Ostrow white coat for the first time. Lin was joined by 143 DDS, 34 ASPID and 48 dental hygiene students to become the newest members of the Trojan Dental Family at the White Coat Ceremony on Sept. 3. While the incoming DDS class comes from a wide array of backgrounds—hailing from 24 states, 17 countries and all manner of undergraduate studies including agriculture, statistics and women’s studies—what they all have in common is that they are the brightest, most talented students of the more than 3,000 who applied this year to USC dentistry. Each is now well on his or her—44 percent of the class is female—way to becoming a USC dental professional.

PHOTO BY GLENN MARZANO

COVER STORY

17-24

WHAT DOES THE FUTURE HOLD FOR DENTISTRY?

To keep USC dental students competitive in an ever-changing world, Ostrow's educational leaders always have to be thinking about what's next for the profession. In this issue's cover story, we ask several thought leaders to imagine dentistry's future. As far as futures go, it's not all that far-fetched; USC dentistry has already laid the foundations to educate our students in this brave new world of dentistry.

BY
MAHVASH NAVAZESH,
PAUL GUGGENHEIM,
SILLAS DUARTE AND
PARISH SEDGHIZADEH

ILLUSTRATIONS BY
ERIC CHOW

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Meet Our Faculty



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BEYOND DENTAL HYGIENE 13

BY HOPE HAMASHIGE

Meet Lesley McGovern, one of the first five to graduate with Ostrow's new master of science degree in dental hygiene. The 16-month program aims to catapult degree-holders into careers in research, academia or public health.

THE WEEKEND SCHOLAR 16

BY BETH NEWCOMB MPH '13

When it comes to stressing the importance of being a lifelong learner, Dean Avishai Sadan not only talks the talk, he walks the walk. This past spring, the dental school's chief executive added another credential to his title—MBA—graduating from the USC Marshall School of Business.

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BY JANET MORADIAN-OLDAK

In our new research-focused column, Ostrow professor and researcher Dr. Janet Moradian-Oldak shares some of the scientific discovery coming from her lab that could revolutionize the way tooth decay is treated in the near future.



SECRET LIVES

BEST IN SHOW 12

BY YASMINE PEZESHKPOUR MCM '17

When Ostrow alumni Fay and George Cho aren't providing patient care at their Newport Beach private practice, the couple and their children Christopher and Courtney (pictured here) compete in professional dog shows with their award-winning Saint Bernards Cappuccino and Biscotti.

CONTRIBUTORS



ERIC CHOW

The inspired illustrator behind this issue's cover story, Eric Chow is a U.K.-based artist from Hong Kong. He started his career soon after graduating from London College of Communication in 2012. Chow produces his conceptual illustrations digitally using a powerful surrealist, often humorous style. In 2014, Chow won second runner-up for the prestigious Serco Prize for Illustration, a global competition open to all illustrators and students of illustration. His work has been featured in *Creative Boom*, *ShellsuitZombie*, *Creative Review*, *Computer Arts* and *Wired* magazines.



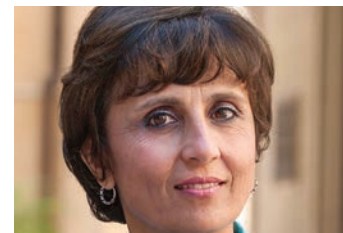
DAVID EGGLESTON DDS '70, PROS '72

David Eggleston is a private practitioner in Newport Beach, Calif., and a member of the Board of Councilors at Ostrow. He has also served as president of the American Board of Prosthodontics, the American College of Prosthodontists, the Academy of Prosthodontics and the Pacific Coast Society for Prosthodontics. In the "Inspired" column, Eggleston shares what keeps him motivated to race hundreds of Ostrow students to the top of Black Star Canyon every year for the Dental Hiking/Jogging Scholarship. You can find his story on page 29.



PAUL GUGGENHEIM

With more than 30 years experience in the dental supply industry, Paul Guggenheim serves as one of our forecasters for this issue's cover story on dentistry's future on pages 17-24. President of Patterson Dental since 2010, Guggenheim has held numerous influential leadership roles in the dental industry through the years, including chairman of the American Dental Trade Association (now the Dental Trade Alliance) and president of Dental Dealers of America and the American Dental Coop. He's also an Ostrow Board of Councilors member.



JANET MORADIAN-OLDAK

Janet Moradian-Oldak is a tenured professor at Ostrow's Center for Craniofacial Molecular Biology and Division of Biomedical Sciences. She also has a joint appointment in the Biomedical Engineering Department at the USC Viterbi School of Engineering. Her groundbreaking work has resulted in two U.S. patents and more than 100 articles in peer-reviewed journals and numerous book chapters. Her research on rebuilding damaged tooth enamel is highlighted in this issue's research column "Cerebral Download" on page 25.

MOUTHPIECE



A CROWNING ACHIEVEMENT

LISA HOU '08, DDS '12
WINS MISS TAIWANESE
AMERICAN PAGEANT

BY JOHN HOBBS MA '14

She's an Ostrow alumna, a clinical assistant professor and, for the next year, the reigning "Second Princess," having taken the crown in the 2014 Miss Taiwanese American Pageant. In addition to fulfilling her newfound duties as an unofficial ambassador to the Taiwanese American community, Hou also manages to squeeze in coursework for an online master's degree in geriatric dentistry. Heavy is the head that holds the crown, indeed!

How did you first get involved with the Miss Taiwanese American Pageant?

My sister handed me the application "for fun!" She had a friend compete in the pageant and thought I would enjoy the experience, which I did! It was unlike anything I had done before.

What were some of the biggest takeaways from the five-week summer program that you did as part of the pageant?

I learned a lot about traditional Taiwanese culture. I also learned about public speaking and gained confidence from doing the pageant.

Did being a Trojan give you an edge in the three main foci of the pageant: poise, leadership and community?

Being a Trojan—and representing the five traits of being faithful, scholarly, skillful, courageous and ambitious—definitely gave me an advantage! While the whole experience was outside my comfort zone, I stayed true to myself by being dedicated and committed to an honest, ethical and "no drama" pageant experience. In fact, I was voted "Miss Congeniality" by the rest of the contestants, which was the most humbling part of the whole pageant experience. But most of all, being Miss Taiwanese American

is just like being a member of the Trojan family, where you are part of something bigger than yourself.

As "Second Princess," what do you hope to accomplish during the next year?

At Ostrow, I work with special-needs patients, who have limited resources and require extra complex dental treatment plans. Because I am fluent in Taiwanese and Mandarin Chinese, my plan is to use this year to promote oral health-care practices in the Taiwanese American community, particularly those who do not have adequate resources due to language and cultural barriers.

What's been the reaction around the school to your win?

Everyone has been so excited and supportive! In fact, my first day back, they even rolled out a red carpet for me in Special Patients clinic!

PHOTO COURTESY OF CHILDREN'S HOSPITAL LOS ANGELES



2014

50 YEARS OF SERVICE

AWARD WINNERS

**PART-TIME FACULTY MEMBERS
SIMON GAMER & JOHN GROPER**

At this year's Part-time Faculty Appreciation Dinner and Awards on May 21, the Ostrow community celebrated its dedicated part-time faculty members with division and service awards. Two clinical instructors, Simon Gamer PROS '68 and John Groper MS '67, took home Tommy Trojan statuettes for a half century of service to USC dentistry. Gamer (right in both photos) and Groper are longtime friends, who also currently practice at USC-affiliated Children's Hospital Los Angeles.

SOCIAL MEDIA



SUMMER COLD WARS

In case you missed it—Associate Dean of Academic Affairs and Student Life Mahvash Navazesh was the highest-profile member of Ostrow's administration to take the ALS Ice Bucket Challenge. The challenge's premise: Make a \$100 donation to the ALS Association for research or have a bucket of ice-cold water poured over your head. Many did both, helping the organization raise more than \$114 million. Standing shin-high in a swimming pool—she said she wanted to make sure little water was wasted—Navazesh threw down the gauntlet for the DDS Class of 2018 to take the challenge before having two buckets of cold water dumped on her head by her daughters. See it at tinyurl.com/navazeshonice. Though not required to make the donation, the Class of 2018 responded with their own video at tinyurl.com/dds2018onice.

PUBLICATIONS

2014 ANNUAL REPORT

The Herman Ostrow School of Dentistry's 2014 annual report is now available online. The book, titled "We See What Can Be," is a display piece featuring black-and-white urban photography that helps showcase the essential work our Community Oral Health Programs do in L.A. Check it out at dentistry.usc.edu/annual-report

To see a complete list of school supporters since the start of the Campaign for the University of Southern California, go to dentistry.usc.edu/campaign-honor-roll



OSTROW ALUMNA ELECTED ADA PRESIDENT

**Carol Gomez Summerhays DDS '78
will serve as president-elect for a year
before ascending to presidency in 2015.**

BY JAMIE WETHERBE MA '04

Ostrow has yet another alumna landing in high places. The American Dental Association announced Oct. 13 that Carol Gomez Summerhays DDS '78 has been elected president of the nation's largest dental association, representing more than 157,000 dentist members.

"It's just sinking in," said Summerhays, who owns a San Diego-based practice. "It's been such a whirlwind, but I have to say, it feels great."

Summerhays, an ADA member for 36 years, will serve as the president-elect for one year before starting her year-long term next fall as president. She will succeed Dr. Maxine Feinberg.

Summerhays said her top priority as president is to drive up ADA membership and build member value in every demographic among dental students and dentists.

"I also want to personally go out and meet with those groups where we've been lagging," she said.

Summerhays said she wants to see membership numbers climb among women, foreign-trained dentists and military practitioners. Summerhays herself was a lieutenant in the U.S. Navy Dental Corps from 1978 to 1981.

"When I was a military dentist in San Diego, I didn't even know I could be a member of the ADA," she said. "We need to get our message out and be sure we're engaging members of the armed services."

Summerhays also wants to engage dental students, particularly at USC, and make Trojans aware of the benefits that come with ADA membership.

"We know we're losing members in the first five years after graduation when dental students don't even have full dues," she said. "We need to engage them starting day one and let them know they are direct members of the ADA."

Student dues are just \$5 a year, a fee that is already paid through an Ostrow student's tuition. Membership also provides the dental student



with no-cost life and disability insurance policies, which includes tuition coverage if they're injured while in school.

"That's the tangible benefit," Summerhays said. "But we're also there to advocate for them at the highest levels."

Currently, the ADA is working to pass legislation that will cap interest rates on federal loans, allowing students to pay less and refinance once they start practicing.

The organization also wants to prepare students and recent grads for the new landscape of dentistry and broader changes in the health care system, which have been accelerated by the Affordable Care Act.

"The financing of dental care is significantly changing," she said, pointing to the decrease of third-party reimbursements for dental care.

"We're being much more proactive so students know the world they're coming into and are better prepared," she added.

Summerhays has dedicated much of her professional life not only to her patients, but also to organized dentistry.

She is a member of the American College of Dentists, American Association of Women Dentists, Hispanic Dental Association and is past-president of the California Dental Association. Summerhays has also served for several years on the Herman Ostrow School of Dentistry's Board of Councilors, the school's senior-most advisory board.

She credited her longtime mentor and former USC professor, the late Clifton Dummett, for her ongoing dedication.

"He encouraged me to be involved and inspired me to take on leadership positions," she said. "He'd always say, 'Carol, just one more.'"

Dummett passed away in 2011 at the age of 92.

"I kept my promise to him that I would run for ADA president, and I was thrilled to be able to keep that promise," she said.

NEWS BRIEFS

■ OSTROW ALUMNUS CHOSEN AS AAO PRESIDENT-ELECT

Morris N. Poole DDS '76 was elected the 2014-15 president-elect of the American Association of Orthodontists during the group's 114th annual session in New Orleans. Poole will become the AAO president beginning May 2015. After earning his dental degree from the Herman Ostrow School of Dentistry of USC, Poole completed his residency in orthodontics at the University of California at Los Angeles. He has been in orthodontics private practice since 1978. Poole has been a member of the AAO for more than 30 years.

—Beth Newcomb MPH '13

■ RICHARD KAHN INDUCTED INTO HALF CENTURY TROJANS HALL OF FAME

On Oct. 28, Richard Kahn DDS '59 became one of a prestigious group of alumni to have been honored with a Half Century Trojans Hall of Fame Award. The distinction, given to senior USC alumni who have become outstanding leaders in their communities and professions, has only been bestowed upon 25 other Trojans since starting in 2003. Kahn's induction took place at Town and Gown with a ceremony and luncheon keynoted by outgoing USC Provost and Senior Vice President for Academic Affairs Elizabeth Garrett. Kahn is only the second USC dental alumni to have received the recognition, preceded by the late Rex Ingraham DDS '41, who received the honor in 2010.

—John Hobbs MA '14

■ CENTURY CLUB EXECUTIVE BOARD LINE-UP CHANGES

The Century Club changed hands this past summer with President Linda Brookman DH '79, MS '12 at the group's helm. Rounding out the 2014-15 executive board is President-elect Chethan Chetty DDS '00; Vice President Karen Liang DH '02, DDS '06; Secretary-Treasurer Chris Acone DDS '01, PERIO '04; and Immediate Past President Richard Green DDS '79, MS Ed '04. The dental alumni support group celebrates its 59th anniversary in service of USC dentistry this year. Its principal mission is to advance education efforts at the school. The Century Club is recognized as one of the longest-standing support groups across the university.

—Yasmine Pezeshkpour MCM '17

MACARTHUR TURNS 100

Meet USC dentistry's newest centenarian, M.H. MacArthur DDS '40.

On Sept. 10, 2014, USC dental alumnus M.H. MacArthur celebrated a major milestone, turning 100 years old. MacArthur practiced dentistry in Los Angeles until 1966—stopping long enough to serve in World War II as a dentist with a rank of major—before moving his dental office to Riverside, Calif., where he practiced until his retirement at 75. Here's a little more about one of the newest members of the elite 100-year-old club:

MacArthur was born on a dairy farm in New York on Sept. 10, 1914. *The New York Times* front page headline that day was "Germans Fall Back, British Advance 25 Miles; Maubege and 40,000 Men Taken, Says Berlin; British Armed Cruiser Oceanic is Wrecked," detailing World War I battles.

In the past 100 years, MacArthur's become the proud father of three—one son and two daughters—eight grandchildren and two great-grandchildren.

His best memory: In World War II, he treated a General who was so pleased with the care he received that he asked MacArthur, "If you could request anything right now, what would it be?" MacArthur responded he'd like to leave Saipan [Pacific island where he was stationed] and go to China. The general returned the next day. "I can't get you to China," he said, "But I can get you to Honolulu." MacArthur flew out the next day.

Key to longevity: Working hard, reading, being interested in current events, staying active, eating healthfully, not smoking, taking care of yourself, being an independent thinker and staying away from sugar ...

... **Except:** One piece of See's Candies a day

QUOTED: OSTROW IN THE NEWS

"As we consider the fabric of life, I do not know what precise line and point angles, adequate retentive features and box form and cavo-surface bevels represent, but we who were privileged to be students of Dr. Rex Ingraham do know that the application of detail and excellence are of major import in our practices and in our life scripts."

—William Beazley DDS '57, MS '63, at a recent unveiling of a bust honoring Dr. Rex Ingraham, commissioned by the Class of 1957. Last issue, we mistakenly credited the Class of 1963 for the bust. We regret the error.

"Once we reached out to the senior population, we started to see a lot of cases of rampant decay, infections. ... They just didn't have the money for dental care."

—Melanie Washington DDS '11, alumna who works at the Michael D. Antonovich Dental Clinic, a year-old Pasadena-based dental clinic for low-income HIV-positive patients. She was quoted in the *Pasadena Star News* at tinyurl.com/pasadenastar

"It's hard for people to understand my anxiety. Most of these guys are so young—they're texting their moms while I'm treating them, saying 'I'm OK.'"

—Bao-Thy Grant '98, DDS '04, who works as the team oral and maxillofacial surgeon for the Anaheim Ducks hockey team. Grant was profiled earlier this year by the *Los Angeles Times* at tinyurl.com/ducksdentist

"This historic endowment gift ensures the USC Mrs. T.H. Chan Division's prominence among the most elite programs in occupational science and occupational therapy, not just in the United States but throughout the world."

—USC President C. L. Max Nikias on \$20 million endowment to the occupational science and occupational therapy division, administratively housed within USC's dental school. The gift has helped the school reach the \$77-million mark of its \$115-million fundraising initiative. Read more at tinyurl.com/chanosot



BEST IN SHOW

After business hours, Ostrow alumni Fay and George Cho enjoy competing with their accomplished Saint Bernards, Cappuccino and Biscotti.

BY YASMINE PEZESHKPOUR MCM'17

In a scene befitting a sold-out NBA game, throngs of spectators mill about New York City's world-famous Madison Square Garden, eagerly finding their seats and keeping an eye on the arena floor where all the evening's action is set to take place.

As the emcee clears his throat and welcomes everyone to the two-day competition, it's not a team of lanky, uniformed players who rush out, dribbling basketballs and warming up for the big game. It's a line of perfectly coiffed, well-behaved canines—alongside their owners—competing in the 133rd Westminster Kennel Club Dog Show.

Among the evening's four-legged competitors is Cappuccino, a 145-pound Saint Bernard, accompanied by teenaged handler Christopher who has ties to the Herman Ostrow School of Dentistry of USC.

Christopher, his twin sister Courtney and their Ostrow alumni parents Fay and George Cho have made dog competitions like Westminster a family affair. Together, the Chos compete with their dogs Cappuccino—Cappi, for short—a 9-year-old female Saint Bernard; Biscotti, a 6-and-a-half-year-old female Saint Bernard; and Tru, a 6-year-old male German Shorthaired Pointer (not pictured).

"Christopher and Courtney have really excelled in the Junior Showmanship category with Cappi and Biscotti," says George Cho DDS '87, PROS '90, an associate professor in restorative sciences at Ostrow.

Though Cappi has yet to walk away a top prize winner from the Westminster Dog Show—she's competed three times—she's no slouch when it comes to winning awards. In 2008, she was ranked the No. 1 Saint Bernard in the country in obedience—all the more impressive given the breed's reputation for its disciplined demeanor. She's also already been inducted into the American Kennel Club Saint Bernard Hall of Fame in 2009 for her overall high scores in competition and obedience.

The animal-loving Cho family first became involved in showmanship after they adopted Cappi in 2005.

"Our breeder recommended we join a Saint Bernard Club. Shortly after, my wife Fay and Cappi began to compete in obedience and rally

competitions. When my son Christopher saw all the excitement in the show ring, he decided he too wanted to show Cappi."

So started the family affair in showmanship. Following in the footsteps of mother Fay Cho '86, DDS '90, Christopher and Courtney began competing with Cappi and Biscotti.

"Christopher showed Cappuccino, and Courtney showed Biscotti in the Junior Showmanship category [of the Westminster Kennel Club Dog Show], which is for children under the age of 18 to compete in and eventually transition to professionals," George Cho says.

Christopher has been invited to the prestigious Westminster Kennel Club Dog Show in New York City's Madison Square Garden three times and the Eukanuba Invitational Dog Show six times. In 2008, he landed on Eukanuba's finals, televised on Animal Planet and the Discovery Channel.

It's not just the furry competitors who stand to walk away from Westminster with prizes. Winning handlers are awarded scholarships to their choice of colleges or technical schools.

When he is not spending time with his family or showing dogs, George Cho is working on his other passion—dentistry—at Ostrow.

"Currently, Drs. Winston Chee, Kian Kar and I have initiated implant-guided surgery for pre-doctoral dental students. This type of program is one of the first in the country where dental students can place implants and then use that information to place the intraoral implant in the same position."

He's also the predoctoral director of implant dentistry and co-director of advanced prosthodontics. He and Fay run a private practice in general dentistry and prosthodontics in Torrance, Calif.

"It is very rewarding when I am working with students and residents, and they demonstrate what we have taught them. At home, it's rewarding when I see my wife and children excel in dog showing and obedience competition—and when the dogs are happy to see me come home ... my wife and kids too," George Cho says, chuckling.





BEYOND DENTAL HYGIENE

BY HOPE HAMASHIGE
PHOTOS BY VERN EVANS

MEET **LESLEY McGOVERN**, ONE OF THE
FIRST TO GRADUATE FROM OSTROW'S
**MASTER'S OF SCIENCE IN DENTAL
HYGIENE** PROGRAM.

“I learned so much and am so much more confident now. I always loved being a hygienist, but I am more excited now than ever.”

—Lesley McGovern MS '14



AS A PRACTICING DENTAL HYGIENIST, LESLEY MCGOVERN MS '14 WAS ALWAYS ONE TO TAKE ADVANTAGE OF OPPORTUNITIES TO LEARN.

She took continuing education courses, attended meetings of the Los Angeles Dental Hygiene Society and did her best to read up on at least some of the latest research in her field. In spite of her efforts to improve herself, she admits there were times when she wasn't completely sure she fully understood the research she was reading.

That spurred her interest in getting a master's degree in dental hygiene. She considered several online programs but never enrolled because, she says, she preferred meeting her professors and classmates face-to-face and wanted an actual campus experience.

“I heard through the Los Angeles Dental Hygiene Society that USC was starting a program, and I thought, ‘This is a dream come true for me,’” McGovern says. “I love the interaction that takes place on campus, and because USC has such a great reputation, I was really excited.”

In December 2014, McGovern will join four others as the first class to graduate with the new master of science degree in dental hygiene.

Launched in Fall 2013, the 16-month long degree program was designed with students in mind like McGovern—working professionals with bachelor's degrees who want to improve themselves and their profession.

USC's master of science in dental hygiene program is meant to create a new class of leaders in the practice of dental hygiene who are armed with not only the tools to perform to the highest standards of the profession, but also to push them just a little bit further. It is meant to open new doors for dental hygienists by preparing them to undertake significant research projects, become educators of the next generation of hygienists or take their skills and experience into a related realm, such as industry or public health. The program is also meant to empower dental hygienists to do their part to help address the sweeping changes that have taken place in every aspect of the medical profession in recent years.

In the final weeks of her schooling at USC, McGovern says she is certain that taking the traditional classroom approach was the right decision for her. In addition to their course work, she and her classmates spent time working in the dental clinic at USC alongside other students and faculty members. They also got the opportunity to be student-teachers, which gave them a chance to experience what it might be like to pursue a future in education.

“I know for a fact that I am a better clinician now than I was when I started this program,” she says. “Being around the professors and students at USC is so inspiring; it has encouraged me to be the best hygienist I can be.”

Each of the students also had to conduct a capstone project, analogous to researching and writing a master's thesis. For her project, McGovern decided to marry her interests in dental hygiene and sports management, which she studied as an undergraduate at the University of Massachusetts Amherst.

Working with the Academy for Sports Dentistry, she designed a survey and conducted interviews about the dental care of professional athletes. She learned that many teams do, in fact, have dentists at the games in case a player suffers a mouth injury. But while the athlete's overall health regimens often include trainers, physical therapists, coaches and doctors to help them deal with their bodies, few include dental professionals.

The fact that elite athletes—people who make their living from the strength and sturdiness of their body—place little emphasis on oral health was surprising to McGovern.

But, she points out that this information is indicative of a problem that goes beyond professional sports because the fact that professional sports organizations don't take oral health as seriously as they could is evidence of a disconnect between oral health and physical well-being.

“One of the biggest things I got out of this program is that it confirmed how much further we can take the message of prevention and that is a role that dental hygienists can really take on,” she says, adding that she hopes she may continue working with athletes and sports teams after she completes her degree.

Her other big takeaway from the program is that 16 months of schooling opened completely new career paths. While a master's degree is not necessary to become a clinician, McGovern feels she has improved her skills dramatically, which she believes will open doors to the best jobs in her field. She can now consider entering higher education, teaching newcomers to the profession and taking on new research projects. There are also opportunities in the area of public health, spreading the message of prevention, that were not open to her before.

“I learned so much and am so much more confident now,” she says. “I always loved being a hygienist, but I am more excited now than ever.”

To learn more about the master of science in dental hygiene program, visit dentistry.usc.edu/programs/dental-hygiene/msdh.



Dean Avishai Sadan is a longtime advocate of lifelong learning. He's also an example of it, having recently earned his master of business administration degree from the USC Marshall School of Business Executive MBA Program.

BY BETH NEWCOMB MPH '13

In his annual commencement address for the Herman Ostrow School of Dentistry of USC, Dean Avishai Sadan often encourages graduates to dedicate themselves to a lifelong pursuit of knowledge at every stage of their careers. This past spring, he served as a living example of that commitment, having graduated from the USC Marshall School of Business with a master of business administration degree.

The 21-month program, designed for senior managers and seasoned professionals who wish to remain employed full-time while pursuing their degree, focuses on issues that executives encounter on a daily basis, according to the USC Marshall website.

"The program had both breadth and depth—covering everything from accounting and finance to macroeconomics and entrepreneurship—and it felt great to expand my horizons," Sadan explains.

For Ostrow's dean, who began the program in August 2012, "expanding his horizons" meant attending Friday and Saturday classes every other weekend and spending countless hours after work completing school projects. It was an intensely heavy workload for someone with an already busy schedule as a leader, educator and clinician as well as someone with familial duties as a husband and father of two—one of whom, Jotham, is currently a sophomore at USC.

"The EMBA program meant a lot of late nights, a lot of Sundays where I'd squeeze in whatever family time I could, but mainly I lived at my laptop, getting projects done for the coming week," Sadan says.

It also took awhile to get back into the student mindset for someone whose last stint as a pupil was in the mid-'90s at Louisiana State University's School of Dentistry, where he earned a specialty certificate in prosthodontics.

"When I'm at Ostrow, I can be up and about—running meetings, supervising the clinic floor, treating patients," Sadan says. "It was really challenging sitting at a desk for hours, listening to lectures—even though Marshall has excellent teachers."

Continuing his education had been a longtime goal for Sadan who graduated magna cum laude in his undergraduate class at Hebrew University before transitioning into the Hadassah School of Dental Medicine, from which he graduated with a doctor of dental medicine degree in 1991. Marshall's EMBA program provided him a perfect opportunity to add new skills to his academic toolbox.

"Much of what I learned can certainly be applied here at Ostrow," he says. "After all, what is modern-day dentistry but a marriage between the clinical skills of dentistry with business acumen? You've really got to have a foot—or at least a toe—in business to be a successful practicing dentist."

It is perhaps with this in mind that Sadan hopes to bolster the dental education provided at Ostrow, with more opportunities for students and recent graduates to beef up their business knowledge for a seamless transition into life after dental school.

He also hopes his experience shows Ostrow students that education should continue throughout one's career, whether it be a formal degree program or otherwise.

"It's important to make sure that you always feel stimulated and challenged and that you continue to find new perspectives and learn new things. Education needs to be a lifelong pursuit, no matter what form it takes," he says.

THE WEEKEND SCHOLAR





WHAT DOES THE FUTURE HOLD FOR DENTISTRY?

ILLUSTRATED BY ERIC CHOW

Looking at the latest trends in education, technology, patient care and research, Ostrow's leading minds contemplate what's next for dentistry. In the following four vignettes, Dr. Mahvash Navazesh, Paul Guggenheim, Dr. Sillas Duarte and Dr. Parish Sedghizadeh share their thoughts on what the future holds for the profession.



BY
**MAHVASH
NAVAZESH**

ASSOCIATE DEAN OF
ACADEMIC AFFAIRS
AND STUDENT LIFE

The future of dentistry promises to be a bright, exciting, artistic, rewarding and energizing time for future practitioners. It will continue to facilitate the learning process through lessons learned from patients in a humanistic environment. It will be a key factor in enhancing the quality of life of others.

The Future is Interdisciplinary

Currently, the average age for incoming dental students is 24. If this trend continues, individuals born in 2015 will be in the entering dental school in 25 years. These future dental students can expect to work collaboratively with other health care providers in medicine, pharmacy, nursing, physical and occupational therapy and social work to coordinate quality primary care. A full understanding of oral-systemic connections and how this may influence primary care will become a necessity of everyday practice. Patient care records will be shared by dentistry, medicine and other health care providers. The quality of care will be measured by objective outcomes and will be the basis for third-party reimbursements rather than quantity or volume of work delivered. Effective communication and collaboration will be the key to a successful practice. Comprehensive and compassionate patient-centered care will be affordable and available to people of all ages.

Individualized, Preventive Treatment Plans

Dental patient care will shift from the "what?" to the "how?" Questions such as "What is this condition?" will be replaced with "How did this condition come to be?" "How can potential risk factors be identified?" "How can this be prevented?" "How can this patient's needs be best attended to?"

"How will this patient's unique genetic make-up respond to the proposed treatment?" General practitioners will be more focused on "personal" or "individualized" dentistry by assessing risk factors for disease susceptibility using new technologies and computer-based programs to assist with decision making. They will be consumers of saliva-based, non-invasive tests to identify those at risk for dental caries or periodontal diseases and in need of early interventions. They will be able to assess the presence of biomarkers for oral and systemic diseases such as oral cancer, diabetes, Sjogren's syndrome and Alzheimer's disease, thereby playing a significant role in enhancing the quality of life of their patients. Advances in genomics and proteomics, the emergence of new pharmacotherapeutic agents and advances in imaging and less-invasive surgical technologies will change the practice of dentistry. The trend toward increased tooth retention, as well as improvements in dental materials, regenerative techniques and dental implants will continue. Patients of all ages will have many options to choose from.

How Ostrow Will Adapt

To be ready for dentistry's future, we must start now. At the Herman Ostrow School of Dentistry, our innovative faculty members use an integrated biomedical, behavioral and clinical sciences curriculum in a learner-centered environment and deliver comprehensive, compassionate and continuous patient care. They are facilitating the learning process of our talented and motivated students by taking advantage of evolving technologies and emerging experiences in Interprofessional Education.





**BY
PAUL
GUGGENHEIM**

OSTROW BOARD OF
COUNCILORS MEMBER
AND PRESIDENT OF
PATTERSON DENTAL

Technology is expanding a realm of possibility that is revolutionizing the patient experience and the practice lifestyle afforded by dentistry right before our eyes. As we work toward digitizing all parts of the patient record and moving beyond the boundaries of yesterday's analog handcraft environment, consider the eye-popping transformations in how we deliver a new level of care.

The inspiring view we see unfolding is the digital waterfall in dentistry—the consistent, step-by-step evolution taking place today in virtually every practice. Phase one began with digitizing the patient clinical record through today's robust practice management platforms. In phase two, we saw the advance of diagnostic tools, including intraoral digital radiography and 2-D and 3-D extraoral platforms, as well as state-of-the-art CAD/CAM digital imaging systems like CEREC. The third or "treatment implementation" phase encompasses in-office manufacturing through CAD/CAM systems, 3-D printing and ultimately, technologies yet to be revealed.

Endless possibilities exist to improve patient outcomes and practice production as these systems become more affordable and easier to use. Continually developing diagnostic solutions will revolutionize the way we see the oral cavity, both through enhanced optics and the diagnostic scanning capabilities embedded in these systems. Tomorrow we will not only have sharper vision, we will be aided in our interpretations of exactly what we are seeing and just as importantly, what we are not seeing in the oral cavity.

Technology will continue to teach us how to perform dentistry more efficiently, to grasp new treatment possibilities and to broaden our skill sets. The dental student of the future will learn dentistry much differently than today's student. Continually evolving education platforms will accelerate our learning and bring requisite expertise to our offices as we embark on new discoveries. The speed at which dentistry changes will be much faster based on the impact of technology. Continual education for the dentist and staff team members will be different, as the new age of digital dentistry becomes mainstream. New digital-learning platforms will provide unparalleled access to resources and learning opportunities for the entire dental team to expedite understanding of how to use the technology and maximize the benefits for patients and the practice.

New and improved patient education platforms will help practices reach the pinnacle of promoting services and educating patients about their dental health. Dental teams will have the capabilities to build on their current array of clinical explanations and customizable treatment and post-treatment instructions through cloud systems that offer increasing delivery access points for optimal patient convenience. Improved integration with other digital technologies in the dental practice will enhance the patient education platform, which will drive increased application and/or compliance among the dental team, ultimately leading to increased case acceptance.

Tomorrow's technology systems will transform the way we interact with team members in our office and allow for real-time enhanced communication with external constituents such as specialists, lab partners and dental supply partners. Technology will continue to give us more of the capabilities to connect at any moment with any resource needed to save time, maximize productivity and reduce stress in the practice. Advanced communication portals will extend to our patients as we connect through new and updated social platforms to drive education, market our practices and strengthen patient loyalty.

Dentistry's future is indeed exciting, and opportunity abounds! In dreaming bigger and moving beyond our experiences—and helping our patients do the same—we are positioning ourselves and our dental practices to leverage the very best technology has to offer now and in the future.

TECH UPGRADES

SOME OF THE
TECHNOLOGICAL
IMPROVEMENTS WE'VE
MADE TO MAINTAIN
OSTROW'S IMMINENCE
IN EDUCATION:

BY JOHN HOBBS MA '14

ELECTRIC HANDPIECES

Ostrow's clinical spaces are about to get quieter as the school replaces its fleet of air-driven handpieces with quieter Bien-Air electric versions. The higher-torque handpiece means better dexterity for the dental students and less reverberations and anxiety-provoking noise for patients. With 349 units already in place, the school aims to be all electric in the next couple of years.

ENDODONTIC MICROSCOPES

With the addition of six microscope mounts to the endodontics undergraduate clinic, students now have access to a high-powered view inside the root canal system during their endodontic rotation. "The use of the microscope is a great teaching tool," assistant professor of clinical dentistry Yaara Berdan says. "Having had the experience of seeing the tooth through the scope, the students now know what they didn't know without the benefit of magnification and illumination," she says—something that really fortifies their knowledge.





**BY
SILLAS
DUARTE**

ASSOCIATE
PROFESSOR AND
CHAIR OF THE
DIVISION OF
RESTORATIVE
SCIENCES

We are living in very exciting times in restorative dentistry. Every year, new dental materials that can improve the quality of life of millions of people become available. However, the latest research has shown that an even brighter future is ahead of us.

The current restorative materials mimic mechanical and physical properties of natural dentition with acceptable clinical outcomes. But, they also require dental professionals to work hard to improve proficiency in handling these materials. In addition, most of the existing restorative materials still require the removal of dental hard tissue to allow its proper replacement achieving adequate retention and resistance. The latter properties are the same advocated on the early days of dentistry. Hopefully the future will be different.

In a common effort, scientists and clinicians are symbiotically collaborating to develop newer “smart biomaterials.” Smart biomaterials will allow decayed, fractured or damaged teeth to be restored to their original form, function and esthetics by inciting enamel and dentin to regenerate or remineralize. This is a highly complex task, considering the formation and mineralization of a tooth takes many years, starting even before we are born. Acceptable clinical outcomes will be immediately obtained with these materials. But, the smart materials will mature intra-orally conducting a “self-healing” process through replacement of the restorative material by newly formed, re-engineered or remineralized dental tissues. Optimistically, the same will be true for replacement of missing teeth: smart materials generated from patients’ own tissues or cells will be able to regenerate root, pulp, dentin, enamel and combine them into a single tooth.

Meanwhile, smart materials with antibacterial properties that will prevent biofilm formation or that induce remineralization appear to be the closest sight of the future. The future of dentistry is exciting, bright and—without a doubt—smart.

TECH UPGRADES

CAD/CAM

As dentistry moves toward computer-aided design and computer-aided manufacturing (CAD/CAM) technology, students need experience with the 3-D technology to be competitive in the 21st century work place. Ostrow now has 40 CAD/CAM units and 10 milling machines—plus a new VITA CAD/CAM Laboratory—to ensure our students get hands-on experience in dentistry’s digital work flow revolution.

DDS DETECTIVE

Through Glenn Clark’s “DDS Detective” online app, dental students can sharpen their interview skills to get to a diagnosis and treatment plan more quickly and skillfully. With more than 100 virtual cases, the “DDS Detective” exposes students to a wider range of cases than they’re likely to experience on the clinic floor alone. For more on the program, go to gtcunity.usc.edu/ddsd.

PATTERSON TECHNOLOGY IMPLANT CENTER

This contemporary clinic gives students six operatories in which to become adept at implant dentistry by working firsthand with both restorative and surgical specialists. As part of Ostrow’s pivot to an all-digital work flow, dental students take intraoral scans, create an implant, mill a restoration and then place the implant in this new clinical space—all done under the watchful eye of a faculty member.





**BY
PARISH
SEDGHIZADEH**

ASSISTANT
PROFESSOR

The profession and practice of dentistry in the modern era is grounded in science and innovation. Evidence-based research has informed the clinical decisions we make, the tools and techniques we use to deliver quality care, what we teach and how we teach it.

So a natural question is: Where will science and research take our profession next?

No one knows for sure, but since the dawn of the scientific revolution the gains in knowledge and technology from research make it clear that significant change and progress is inescapable—and dentistry is in the thick of it! The profound increase in the quantity of peer-reviewed and published dental research, along with the emphasis on scholarship in academia worldwide, may be indicators of a rising trend for research with significant impact on the dental profession. It is also a well-published phenomenon that it can take considerable time, often one to two decades, for scientific knowledge to be translated into clinical practice. So for insight and educated guesses into the coming years, we need to consider the innovative research taking place today in dentistry.

One way to do that is to follow the money or research funding, in both public and private sectors. In the United States, the National Institute of Dental and Craniofacial Research (NIDCR) of the National Institutes of Health (NIH) is the federal government's lead agency for scientific research in dentistry. The majority of the annual NIDCR budget (approximately \$400 million currently) goes to extramural and intramural research funding. NIH/NIDCR grant funding information is publicly available online, as are strategic plans for future funding areas. Highlights of NIDCR research goals for the future include supporting the best science to improve oral health, reducing oral health disparities and inequalities through multidisciplinary research, increasing the diverse research workforce and enabling personalized dentistry through research. Last year, more than \$600 million dollars was spent on gene therapy alone, following recent successes in treating certain hematologic cancers and hereditary diseases. Gene therapy applied to the treatment of craniofacial and dental anomalies like clefting may make such diseases preventable or altogether obsolete one day. This is just one example of how corporate research funding could positively impact the future of dentistry directly or indirectly.

There are many more examples in dentistry where research can positively impact our future. For example, periodontal research at the intersection of microbiology and immunology is deciphering the specific microbial and immune responses leading to gingivitis, periodontitis and peri-implantitis. The complex microbial biofilms responsible for infectious disease in the oral cavity, ranging from caries to periodontitis to osteomyelitis, will be decoded at the level of the genome, transcriptome, proteome and metabolome. This could herald a new era of targeted antimicrobial therapeutics, probiotic approaches and immunomodulatory treatments for these diseases. The so-called '-omics' revolution will not only provide unprecedented understanding into oral disease mechanisms, it will also enable personalized dentistry and individualized pharmacotherapy.

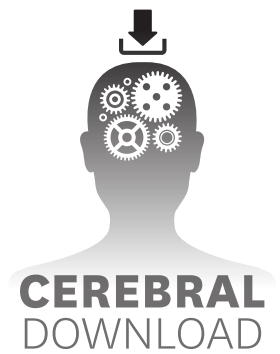
The emergence of new transdisciplinary research fields like bioinformatics and computational biology will further propel dental research into the next era. Researchers in all fields, such as developmental biologists who study craniofacial defects or oncologists who study oral cancer will draw from all these scientific disciplines to systematically understand and ultimately thwart such pathology.

The increase in multidisciplinary and transdisciplinary research may provide scientific breakthroughs not previously achievable by providing unique perspectives and solutions to long-standing problems or diseases. Clinical and translational research funding could inform new guidelines, protocols and therapeutics for many oral conditions. Improvements in information technology platforms will support seamless research collaboration, integration and real-time communication among scientists around the globe.

Science and research will again change the face and practice of dentistry, sometimes in a subtle manner and sometimes colossally, but either way it will be oral health care providers who will apply new knowledge to improved patient care and diagnostics in the coming era of personalized dentistry.



PHOTO BY VERN EVANS



Dr. Janet Moradian-Oldak shares her research on a scientific innovation that could change the way tooth decay is treated.

Currently, there is no effective way to rebuild tooth enamel lost to decay. For more than two decades, my team and I—along with our collaborators—have been studying how dental enamel is formed.

Using my expertise in tooth enamel formation and protein structural biology, we integrate physical chemistry, biochemistry, molecular biology, biotechnology and biomaterial sciences in the study of enamel mineralization. Our goal is to one day be able to regrow natural tooth enamel and create synthetic products that can be used as alternative dental restorative material.

Since 1999, when I became an independent investigator, I have received continuous research support—mainly through funding from the National Institute of Dental and Craniofacial Research and the National Institutes of Health—that allows me to pursue my efforts towards achieving the goal of reconstructing dental enamel. The specific dental problems that my team and I are trying to address are early caries lesions, post-orthodontic white spots, tooth erosion, enamel abrasion and attrition.

We have not regenerated enamel yet, but the most recent scientific advance from my laboratory paves the road towards developing a technology that rebuilds tooth enamel and preserves tooth structure. The USC Coulter Translational Research Partnership Program has recently supported my efforts toward developing this technology and bringing it closer to the market.

The product, developed with postdoctoral research associate Qichao Ruan, is a calcium phosphate chitosan-based amelogenin hydrogel that, when applied to the enamel surface of extracted human molars, promotes

formation of an enamel-like layer that tightly binds to the tooth and strengthens its structure. If successful, the new technology could be used therapeutically in individuals with caries as well as preventatively. I adapted the novel approach of biomimetic reconstruction of tooth enamel for prevention, restoration and treatment of defective enamel.

The hydrogel contains amelogenin, which is the major structural protein in developing dental enamel and plays a key role in controlling the oriented and elongated growth of the enamel crystals. Amelogenin assemblies carried in chitosan hydrogel stabilize calcium phosphate clusters and arrange them into linear chains, which then develop into enamel-like co-aligned crystals fused with natural enamel.

This technology not only will stop dental caries development but also will help formation of organized enamel-like apatite crystals that are strongly attached to the enamel surface, promoting significant and durable enamel restoration.

Using Coulter funding and alongside my clinical collaborator, Ostrow assistant professor Jin-Ho Phark, we are planning to optimize the physical properties of the new hydrogel and evaluate its efficacy in an *ex vivo* model system using extracted human teeth. I hope to be able to eventually initiate clinical trials where I can determine the safety and potential clinical efficacy of the hydrogel on caries-affected enamel areas and on teeth with sensitivity in the oral cavity of healthy individuals.

For more information, read the team's latest study at [dx.doi.org/10.1016/j.actbio.2013.04.004](https://doi.org/10.1016/j.actbio.2013.04.004).



5 THINGS TO KNOW ABOUT JILL YOSHIMI

BY JOHN HOBBS MA '14

*Getting to know Jill Yoshimi,
the chief operations officer of the
Herman Ostrow School of Dentistry.*

JILL YOSHIMI STARTED HER OSTROW CAREER IN A COMPLETELY DIFFERENT ROLE.

Nearly two years before assuming the role of chief operations officer, Yoshimi served as Ostrow's director of human resources—a position she took in February 2012. The roles aren't as different as one might think, she says, with both requiring a 30,000-foot view to ensure the school is working in the most efficient manner. With a 2001 bachelor's degree from Cal Poly Pomona in management and human resources and successful real-world experience working with operations management, she seemed an ideal candidate to take the chief operations role in late 2013.

SHE'S BEHIND MANY OF THE FACE LIFTS THAT OSTROW HAS UNDERGONE IN RECENT MONTHS AND HAS MORE UPGRADES IN THE WORKS.

Despite being housed in an older building, Ostrow must continue upgrading its facilities to remain competitive. This is a key area of concentration for Jill who has overseen many recent upgrades. Her proudest accomplishment so far: the renovations to the first and second-floor patient waiting areas. "They were desperately in need of a face lift," she says. "I think the renovations have enhanced the waiting areas to where we should be." Still on Jill's to-do list is upgrading the second-floor wet labs, renovating the heavily-used Blair Rooms and updating all interior signage.

SHE LEFT BEHIND AN ILLUSTRIOUS CAREER IN SHOW BUSINESS—WELL, SORTA—TO COME TO OSTROW.

As a regional human resources manager for the Dish Network, Jill oversaw 25 offices and nearly 1,200 employees, many of whom were those technicians who come to your house and install satellite dishes to pipe hundreds of channels of programming into your home. "When I started, we were one of the lowest-performing regions," she says, explaining that each division was evaluated on the productivity of its work force. "But the last three years before I left, we were the top region." It's a testament, she says, to hiring the right people and making sure they were trained properly.

SHE'S NOT AFRAID OF A GOOD CHALLENGE.

A self-described introvert, Jill once worked in door-to-door sales, the worst job she's had in her life, she says. If that weren't challenging enough, she was selling life insurance (people typically don't like to think about, let alone plan for, their own deaths) to a population she says were financially struggling (people typically don't want to think about another bill when they can't afford rent). Somehow, though, Jill did alright. "I did a lot better than I thought I would," she says. "But I knew, at the end of the day, it wasn't a career for me."

SHE'S A BIG BEYONCÉ FAN.

You might not think it, but the buttoned-up office type says she actually digs hip-hop and R&B, with Beyoncé being one of her favorites. In fact, during the Cesarean section delivery of her now 3-year-old son Austin, Beyoncé was playing in the background, an effort to distract Jill from the pain of child birth. She also says she's a big sports fan, having played soccer and roller hockey in the past. Her favorite pastime now, though, is spending time with her son and husband and being a "foodie" and trying local restaurants.

Herman Ostrow School of Dentistry of USC

Online Masters Program in Orofacial Pain & Oral Medicine

About Our Program

- » This 37-month program (32.5 units) is designed for full-time practicing dentists from across the globe who wish to become expert clinicians in both orofacial pain and oral medicine.
- » Students will take online courses and attend weekly video conferences from their home location.
- » The field of orofacial pain and oral medicine encompasses: masticatory musculoskeletal pain, neurogenic pain, sleep disorders, temporomandibular disorders, headaches, orofacial motor disorders including orofacial dystonias, bruxism, mucosal diseases, infections, immunopathologic diseases, neoplasias, osseous diseases (i.e. BRONJ), salivary gland disorders and more.
- » Graduates of this program will be eligible to take the board examination of the American Board of Orofacial Pain.

Meet Our Faculty



Glenn Clark DDS, MS
Director of Distance Education Programs in Dentistry, Professor and Director of the Orofacial Pain and Oral Medicine Program
Chair of the Section of Diagnostic Sciences
Fellow of the American Board of Oral Medicine
American Board of Orofacial Pain Diplomate



Tomoko Wada DDS
Assistant Professor of Clinical Dentistry
Section of Diagnostic Sciences
Division of Periodontology
Dental Hygiene & Diagnostic Sciences



Saravanan Ram DDS, MS
Director of the Oral Medicine Clinic and Residency Program
Associate Professor of Clinical Dentistry
Division of Periodontology
Dental Hygiene and Diagnostic Sciences
American Board of Orofacial Pain Diplomate
American Board of Oral Medicine Diplomate



Parish Sedghizadeh DDS, MS
Assistant Professor of Dentistry Tenure Track
Director of the USC Center for Biofilms
Division of Periodontology
Dental Hygiene & Diagnostic Sciences Diplomate
American Board of Oral & Maxillofacial Pathology

**Applications for the 2015 intake are being accepted until January 31, 2015.
Space is limited. The program begins May 2015.**

To apply or for more information:

Web: ofpom.usc.edu

Phone: (213) 821-5831

Email: ofpom@usc.edu



See images from the event:
tinyurl.com/hiking-jogging



See video at:
youtu.be/UrT_D6DiAzk

PHOTO BY LOGAN FRICK iSPONSOR

Editor's note: In 2011, Dr. David Eggleston began a Hiking/Jogging Scholarship at the Herman Ostrow School of Dentistry. The scholarship has grown in popularity during the past three years. This year's hike paid almost \$30,000 (divided into shares) to students who participated. Those who beat Eggleston hiking to the mountaintop, and those jogging under an hour to the mountaintop, were rewarded two shares. Joggers who finished ahead of Dr. Parish Sedghizadeh received three shares. We asked Eggleston what inspired him to start the event and how it inspires him personally.

A few years ago, UCI student Andrew Vo DDS '15 was shadowing me at my office while contemplating a career in dentistry. Among his assortment of part-time jobs, he was a spin instructor and physical trainer for 24 Hour Fitness. How perfect was that? I could get some free exercise training while giving advice on dentistry—so we went hiking. Andrew can annihilate me pole-vaulting (I've never pole-vaulted), cycling and in the gym, but I can hold my own hiking with him. After a year or so of hiking together, he started dental school and invited some dental students to join us.

In 2011, I challenged the students to a hike up Black Star Canyon, just east of Irvine Lake in Orange County. In a moment of improvised bravado, I told them I would make a scholarship donation to anyone who could get to the top ahead of me. We set a date for the challenge and thus started the Hiking/Jogging Scholarship annual event. Three years have passed, along with a steep learning curve. By all accounts, our fourth annual event was a huge success. More than 200 participated, including faculty, friends, dental student families and a few pet dogs. Be sure to check it out at www.schike-andjog.com. We are very grateful to Patterson Dental, along with numerous individuals, who have stepped up as sponsors.

Hiking is an excellent cardiovascular exercise and

a great way to slow down the degenerative diseases of aging. Hiking avoids the knee damage of running, the run-over danger in road cycling, the broken bones of mountain biking and skiing and the tennis elbow of tennis.

Maintaining a rigorous hiking regimen requires an achievable goal for inspiration. It's hard to get up at 5:30 on a Saturday morning for a 10-mile speed hike if there is no incentive.

My goal is to maintain the ability to hike with 20-something-year-old dental students. It is just a personal goal, certainly nothing like a goal of ending world hunger or preventing birth defects. However, it leads to an improvement in personal health and well-being, which can help in achieving more altruistic goals.

Since dentistry is a sedentary profession, I hope the Hiking/Jogging Scholarship event inspires dental students to consider a lifetime of vigorous exercise and all the ensuing benefits.

The current dental students have the potential to be a great generation of dentists, maybe even the greatest generation. They are motivated and dedicated. Beyond that, they have a camaraderie that supersedes competition. They genuinely want to help each other as well as their patients, which bodes well for the future of the dental profession. The students are my inspiration to help in any way possible.

*The following
are gifts made in
honor or tribute
to individuals
who have made
a lasting impact
on the community
of the Herman
Ostrow School of
Dentistry of USC:*

**IN HONOR OF
DR. RICHARD KAHN- HALF
CENTURY TROJANS
HALL OF FAME**
Dr. Maurice Cutler

**IN HONOR OF
DR. STANTON W. PHILLIPS**
Ms. Lucianne Phillips
Mrs. Gloria Phillips Sarradet
Mrs. Grace Phillips Veltman

**IN HONOR OF
DR. CARL RIEDER**
Dr. and Mrs. Ralph B. Allman
Dr. Cynthia Cox
Dr. Frank Curry
Dr. Annika M. Logart
Dr. Michael Paquette
Dr. Arnold Valdez

**IN HONOR OF
DR. MARK ROSENBLATT**
Mr. Scott Z. Zimmermann

**IN HONOR OF
DR. ISAAC SEDLER**
Dr. Richard L. Kahn

**IN HONOR OF
SANTOSH SUNDARESAN**
Dr. Janet Lent

**IN HONOR OF
MS. SANDI BOLIVAR**
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