­Hi PDC,

Thanks to everyone who came to our meeting this Tuesday! At this meeting we had two representatives, **Kimberly Bartolomucci** and **Taylor Stuger**, come from the Oral Health Forum to teach us how to instruct kids about oral health. This information enables our members to volunteer at Chicago Public Schools and teach children! Below is some information presented to us about the program, as well as how to teach. As always, if you have any questions feel free to email us at [uicpdc32@gmail.com](mailto:uicpdc32@gmail.com)

**Oral Health Forum – who are we?**

* *Our partners:* Chicago Public Schools, Chicago Department of Public Health, Wrigley Company Foundation
* *Age groups we target:* preK-8th (5th and up learn special topics), and high schoolers, however, us PDC members wouldn’t teach the high school students
* *Schools we target:* mainly focus on three zip codes with the worst overall oral health in the area and not much dental care available, as well as immigrants

**HOW and WHAT to teach**

* *Standard lesson plan:* pop quiz, cavities, brushing and flossing (why we do it), how to brush and floss, healthy foods and drinks, visiting the dentist, special topics, REVIEW, questions
  + **What are teeth used for?** smiling, talking, and eating!
  + Cavities: acids in mouth (sugar and bacteria) cause dental decay. Cavities are holes, (for younger kids refer to bacteria as “sugar bugs”). Explain how a cavity can't be fixed on its own!
  + Brushing: two times a day and for about two minutes (sing ABC two times in your head)
  + Flossing (*2nd grade and up*): don't go back and forth or it will cut the gums. Flossing prevents cavities in between teeth, gum disease, bad breath
  + Eating healthy: fruits and veggies, limit juice to 1 cup a day. Discourage soda, water and milk are the best. Talk about candy sticking on teeth and causing cavities
  + Visiting the dentist: even if you’re teeth are healthy, you still go to checkups (preventative health care). What sealants are (applied to newer adult teeth to prevent cavities). Why the needles – to numb. Fluoride application – what this helps with (hardening enamel). X-rays – why we take them and what they tell us
  + When brushing isn't possible: sugar free gum, rinsing with water between meals; these clean away food, neutralize plaques, re-mineralize enamel, and reduce oral dryness. Fluoride in water – how drinking tap water is beneficial
  + Special topics: mouth guards (playing sports), oral piercings and dental modifications like grills (long term damage to teeth and gums), cigarettes and alcohol (result in poor health, staining teeth, gum disease, and cancer). Explain how alcohol is sugary and dehydrating and these promote cavities. Also tell them, we must take care of our teeth since adult teeth don't grow back! Although we are informing kids we are NOT telling them what to do when it comes to drinking and smoking – we’re providing them with information that enables them to make good decisions!
    - Gum disease starts as *gingivitis* (gums bleed) which leads to -> *periodontitis* (bones disintegrate)

Thanks again to **Kimberly** and **Taylor** for visiting our club and providing us with this information so we can teach kids about oral health!

* + **Next Meeting**; Wednesday, March 7th – activity TBA
  + **MIDWINTER MEETING: this Friday (2/23)** – remember, if you signed up for this event plan to stay all day! We are meeting at the College of Dentistry around 7:45am. The event is from 8:00am – 4:00pm and a bus will be transporting us to and from McCormick Place. Please dress professionally, but make sure to wear comfortable shoes since there will be a lot of walking!
  + Other Announcements

**VOLUNTEERING**

* **Clinic and Research Day**– March 8th from 9:00am-5:00pm at the UIC College of Dentistry.

Volunteer to help prepare for the event at the college of dentistry. Look out for an email sign up for this event soon via email.

\*\*\*If you RSVP/commit to something, you MUST attend or have a valid excuse!\*\*\*

**OTHER**

* News for **Graduating Seniors**: we'll be giving **graduation cords**to all graduation active PDC members, so when you walk across the stage Pre-dental club will be with you!
* PDC Board Elections: elections will be held for 2018-2019 PDC board positions in April, so if you're considering running we encourage you to start thinking about it. Individuals who wish to run need to prepare a 2-4 minute speech for the position they're running for, and you can only one for one position. An email with more details about elections will be sent soon, so keep your eyes out for that if you want to know more.
* DAT Preparation Material Discount Codes

DAT Bootcamp 20% off -"uicpdc"

Gold Standard DAT 30% off code - "UIC30"

* Our NEW spring 2018 office hours are below,

**Monday:** 11:00-1:00pm

**Tuesday:**8:30-11:30am and 3:00-6:00pm

**Wednesday:**7:30-11:00am

**Thursday**: 12:30-2:50pm

* **Students Applying to Dental School This Summer**: the process to apply has changed slightly, so please read in detail the following information forwarded from UIC College of Dentistry. Additionally, there will be informative AADSAS sessions on

Friday, April 20 from 1-2pm in 850 UH

Thursday, April 26 from 11am – 12pm in 850 UH

***Mark Your Calendar*!** The 2019 American Dental Education Association Associated American Dental Schools Application Service (ADEA AADSAS®) “soft opens” on **May 15, 2018**, three weeks earlier than last year!  For applicants, this added preparatory time can be put to good use, resulting in higher quality applications ready for submission on June 5. No more pressure to submit same-day!

**2019 ADEA AADSAS Application Schedule:**

**Starting May 15, 2018:**

* Applicants and reapplicants can get an early start in preparing the 2019 ADEA AADSAS application. Start your application in mid-May, then submit early—**June 5, 2018** is the first date to submit an ADEA AADSAS application.
* Applicants can print the Transcript Matching Form and send it to their registrar’s office.
* Applicants can request recommendation letters.
* ADEA AADSAS will accept Dental Admission Test (DAT) scores from the American Dental Association.
* Applicants applying to the ADEA Fee Assistance Program (FAP) can mail the required documents to ADEA AADSAS.

**Starting June 5, 2018:**

* Applicants and reapplicants, prepare ahead and submit early – **June 5, 2018** is the first date to submit an ADEA AADSAS application.
* If all official transcripts are received, ADEA AADSAS will start the verification process.
* Applicants that applied to the ADEA Fee Assistance Program (FAP) and submitted all required documents will begin to see decision statuses.

*GOOD LUCK on any upcoming midterms!*

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