



The Practicing Academic

The Department of Periodontics and Allied Dental Programs
(DPADP)



“The Pre-Doctoral Issue”

April

2012



Chairman’s Corner: What’s Been Going On!

Well a lot has been going on. IUSD is a really, really busy place. Our lives don’t stop as we continue to have to be

accountable to several different constituents. The life of an academic is quite different from what it used to be. The reality is that there are fewer of us who are responsible for a significant amount of work as we continue to develop our didactic expertise, our clinical expertise and our research agendas.

We now are beginning to get more focused on the upcoming ‘accreditation’ site visit which is scheduled for September, 2013. It is important that all of IUSD’s programs represent us with distinction. We are working hard to make sure that the site visitors leave our school very impressed with all the work that we do in helping educate our students and our residents.

The ADEA Meeting

The ADEA meeting was held in Orlando, FL from March 16th to March 20th. This is always an excellent meeting for those of us in academics. However, it is also a good meeting to attend if you are considering a career in academia. The President of the ADEA, Dr. Leo Rouse, asked us to ‘Engage’. A big word indeed! We have to engage all our constituents as we go about the business of education. Yes, I did say business. Education is a business, and we must not forget that. While we teach because of the intellectual stimulation that it provides

and the interaction and sharing of ideas among all of us, we are now more than an ever in a bottom line outcomes based agenda. It is important that we have a strategic plan of action and have a laser like focus in making sure we achieve our stated goals and objectives. Working with our colleagues in our institutions as well as colleagues at other institutions we must ‘engage’ in knowledge transfer, innovation and creativeness.

At the ADEA meeting, I had the opportunity to present a workshop on ‘Clinical Calibration’. This is an outcome of all our work for the past 9 years as well as a presentation of data from the recently completed project with John Lee as part of his Master’s degree requirements. Calibration of our clinical faculty has definitely been a passion of mine and judging by the questions raised and the subsequent discussion, it is one that is sorely needed in all the schools.

The AAP’s Education Committee met on March 17th during the ADEA meeting and we discussed a wide variety to topics. We have planned excellent pre-doctoral and post-doctoral workshops for the LA meeting. We have a working idea for a ‘faculty retreat’ for the post-doctoral directors to perform a SWOT analysis to review the ‘state of things’ in Graduate Periodontal Education. We are also working on plans to present an idea to ADEA for a symposium at the next meeting in Seattle, Washington. So we have been extremely busy. The Education Committee just like every other AAP committee is made up of volunteers. So consider volunteering and getting involved. This way we will make sure that we “Engage”.

The Annual AAP Meeting

The next annual meeting, in Los Angeles will be coming up soon (9/29-10/2). As we start to make plans for our travel and stay, I would like to highlight one aspect of these plans. We started last year with our meeting in Miami to try and off-set costs for our residents to travel and attend the annual meeting. We made a good start in that we provided our residents with \$300 to help defray some of these costs. While it was not adequate to cover all their costs, it was a good beginning as we had never done anything of this kind before. For the LA meeting our goal is to provide our residents with \$1,000 to help defray their costs. Here we really need your help. Dr. Scott Reef, President of our Alumni Association and I have started preliminary discussion to see how we can come up with the funds to provide our residents with this amount. We have a total of 12 residents who are in the program at IUSD. Accordingly, we will need \$12,000 to reach our objective. Please consider stepping forward and making a contribution to help us achieve this goal. Several of you serve as external mentors for the residents. Consider 'adopting your resident' to help them with their expenses. This idea is not novel as other specialty organizations are doing this routinely. We hope you will respond to this request with the same amount of enthusiasm as you have done in the past.

This issue of our newsletter is titled the "The Pre-Doctoral Issue". Our pre-doctoral students serve as the life blood of our specialty as some of them will choose to train further and become our specialty colleagues. However, for those that choose not to specialize, it is important we work side by side as their colleagues once they have graduated from IUSD and from other dental schools.

In this issue, we have an article by Ali Sajadi, who will be pursuing his periodontal training at the University of Houston. Next we have an article by Chris Cummings, who will be joining us here at IUSD for his periodontal training. Finally, we have an article by Gabrielle Johnson who is a sophomore dental student. Gabrielle is

a very inquisitive student and I look forward to working with her as she begins her clinical training soon. In addition, I have profiled Dr. Christman and Dr. Khaled who will be leaving soon upon completion of their periodontal training. I have also featured our incoming group of residents.

I know you will enjoy reading these articles and all the other information included in the newsletter.

Memories from the Mid-West Winter Society Meeting in Chicago

The Mid-West Meeting was exciting as always. We got a chance to meet with residents, faculty and practitioners from across the mid-west region of the country and learn from great minds like Dr. Ciancio. Our Department was represented well with Dr. Khaled being a finalist at the Graduate Student Research Forum. The pictures below include some of the residents and faculty enjoying the reception following the sessions on Saturday, February 25th. It was also a time to catch up with some alumni and learn of all their achievements and exploits.





Thanks to Dr. Hassan for these pictures. Dr. Hassan as I learnt at this reception is also an amateur magician 😊

Transitions

Ali Sajadi, Senior Dental Student



Once in a while, you find yourself coming to a crossroad in life that leads you to make a decision. That decision may end up leading you to positive or negative results, but no matter how the resolve, you are always on a

path towards your eventual destination in life. As a young teenager, you make a decision to pursue an education, meet that special someone and start a life similar to the one prescribed for you. Others look to make a mark on society through notoriety, fame and passion. No matter how we end up on our journey, we make decisions that affect us. Dentistry, much like life, is consumed by decisions at every point. You, as a future dentist, strive to make decisions that positively impact the oral health of your community. Your patient, as your reference of support, must make decisions in trusting your abilities along with implementing the care you've prescribed. No one can ever give you the perspective you need to make the "right" decision, but you can always invoke the wisdom of those who've experienced your circumstances as reference points along the way. The most important thing to recognize about these transitions is when to recognize they are upon you. As a dental student, you spend much of your first year adjusting to academic endeavors. As you transition into the D2 year, you must build your skill set in order to achieve

an opportunity to practice your surgical ability. By the D3 year, you again learn to transition into a clinical diagnostician calling upon the knowledge you spent the last two years building. By your D4 year, you now learn to transition into a “new” dentist joining the profession you so cherished all these years. In practice, you transition from a junior dentist with limited experience to one with aptitude and knowledge. The most important thing to recognize through these “rite of passage” opportunities is that they never cease to exist. Each opportunity and experience brings with it a new set of information, skills and ability to transition oneself.

Each aspect of dentistry also necessitates the ability to recognize transitions throughout the practice-life, and knowing these changes, or more importantly, how to manage them effectively, will ultimately lead to your success as a clinician. The opportunity to adapt to change is an attribute that leads to Darwin’s ever present theme in life of “survival of the fittest.” It is, however, the essence of adaptation

that gives each of us the ability to make ourselves better in the original journey we are determined to pursue. Opportunities and pitfalls will arise throughout life both in personal and professional experience, but the way in which we deal with these circumstances will forever displace the lessons learned from them distinctly. My father once said to me at a young age, “strive not to be the man who has a few fish, but rather strive to be the man who knows how to fish.” It is by these words that I look to each experience in my life as a valuable lesson learned in the larger scheme of things to come, and in taking each of these experiences as learned opportunities, I am working to prepare myself for the future transitions to come. I would encourage everyone to do the same and to strive to be there best every single day.

The Importance of Leadership

Chris Cummings- Senior Dental Student



A leader is an individual who is actively involved in the process of influencing the thoughts, attitudes and behaviors of others. He or she will set a direction for a group while visualizing a common achievement. This is done best by energizing the ability of others by encouraging and inspiring. The leader motivates. The leader moves to the front of the parade and chooses the direction.

Effective leadership, historically, has lead nations through times of peril, enabled a business organization success, and fulfilled the mission of not-for-profit organizations. Perhaps the most important aspect of leadership is within parenting. Children can be enabled to grow strong, healthy, and productive lives as adults. Proper upbringing can ensure the strong-will of

a generation. The skills gained in the child rearing years can cultivate future leaders, politicians, CEO's, maybe a dentist.

Whatever the roadmap, when decision making is timely, complete, and correct; things will go well. It is not just the decision making that is important. More importantly is the implementation of these decisions. Effective implementation can influence behavior, change the course of events and overcome resistance. It is the leadership of an individual(s) that makes the execution of an idea possible.

How does this happen? Taking on leadership starts with a vision of something that needs to be accomplished and then communicating this information to a group of people that will enable the mission to become reality. This vision can be small or large. It can be the mission of a couple of people wanting to spread the word of environmental sustainability to local politicians. It can be a small business such as a dental office in which the dentists wishes to provide a needed service to the community. It can be a mid-sized business wanting to expand its corporation. It can be a

platoon of 2,000 troops at the front lines of a war zone. It can be an entire country trying to maintain and grow its development. Whatever the reason, a leader will share his/her commitment to the mission with the people that are lead. He/she will take the responsibility of accomplishment of the mission which includes the welfare of the individuals that are part of the group or organization. The leader will also assume any risk of loss and failure but will also accept recognition of success. Most importantly the vision should be expressed clearly and in a compelling manner so that others will be engaged and are willing to take ownership of their actions towards a common goal.

Ultimately, under proper leadership, an organization will be able to grow, evolve, and adapt to changing circumstances. Things may change along the way that will require quick reaction in order to stay on course. Proactivity is an important component so that those unseen events are absorbed with plenty of cushion and so the reaction is implemented without too much, or any, loss. In the absence of leadership

an organization will move slowly, become stagnate, or lose their way all together.

Assume no one else is going to get the job done. Do it yourself. Create a goal, gather a group, and move forward. A personal favorite read of mine is “The 7 habits of Highly Effective People” by Stephen R. Covey. This book touches on many important components of leadership. Another recommendation is “The Practice of Management” by Peter F. Drucker. Get started today.

My Journey Gabrielle Johnson- Sophomore Dental Student



I have had a lot of misfortune with oral disease prevention as a result of not having dental insurance most of my life. When I discovered that there were many people who had dental

coverage but avoided treatment because they were fearful of the dentist, I was shocked! Having experienced the consequence of leaving oral diseases such as dental caries untreated, I found myself speaking very passionately about the importance of preventative care and treatment to anyone who would listen. As a preliminary test to see if I could inspire people through dentistry, I chose dental caries as the topic for a persuasive speech competition that I participated in my freshman year. I constructed a survey to identify how my peers were motivated, and used those motivations to influence their opinions on preventative oral health care. Receiving first place in the speech competition was one of my early successes that showed I could compete with the best students and demonstrated the potential I have to change lives through dentistry.

My interest in the profession grew even more by shadowing a variety of dental practices. Seeing the physical transformations of Dr. Ray Hazen's patients who received implant supported dentures was an extremely influential experience. I learned how much the functionality and esthetic appearance of a person's mouth could be altered by tooth loss when my father received an upper denture. Dr. Hazen's patients were free to enjoy eating apples, feel comfortable speaking, and smile with confidence as if they still had their natural teeth. Seeing how his patients' quality of life improved by receiving implant-supported

dentures inspired me to pursue advanced training as a general dentist so that I can provide dental prostheses for people, like my father, which will have esthetic and functional qualities of the dentition with which they were born.

I had learned a great deal about the level of dedication and focus required to master challenging science concepts in a rigorous curriculum when I chose to major in biochemistry at IU South Bend. My interest in the sciences developed through application of concepts in the laboratory and learning from professors who were enthusiastic about teaching. I was confident that my genuine interest in the sciences and tenacious attitude towards academic challenges would help me be a successful dental student; moreover, I felt that many of the skills that I had developed in my work experience would contribute to my success as a dentist. As a chiropractor's assistant I learned how to work with patients who were in pain throughout treatment, and as a fitness trainer I coached and mentored members through physical and mental transformations. I learned about the importance of confidentiality while working as a tax preparation's assistant, and as a sales woman at a car dealership I learned about the importance of professionalism and sales ethics.

The opportunity to connect with a variety of people from social and cultural backgrounds is an aspect of the dental profession that is very appealing to me. My

family moved quite often throughout my childhood, which allowed me to become socialized in a variety of cultures. The more I learned about the prevalence of oral disease in various populations, the more I realized that oral disease knows no cultural boundaries. Gaining this social consciousness is what sparked my interest in helping people with oral disease prevention.

I worked extremely hard to prepare myself for the opportunity to make a career in dentistry. I am motivated by my personal experience with oral disease to teach people about the power of preventative care. I am concerned by the number of people that are compromising their quality of life due to fear of the dentist, or lack of knowledge about oral disease prevention. I am confident that I have acquired the skills that aren't taught in an academic curriculum that will help me be sensitive to my patient's needs. Now that I am approaching the end of my second year in dental school, I am only a few months away from becoming a student dentist, and a few months closer to having the opportunity to utilize the armamentarium that I have worked diligently to attain. As Susan B. Anthony so eloquently stated, "if any proof were needed of the progress of the cause for which I have worked..." it will be gained when I arrive in clinic this summer to treat my first patient and begin my journey in the wonderfully rewarding field of dentistry.

Department Recognitions

The following faculty and staff were recognized by Dean Williams for their service on January 3rd at the University Place Hotel:

5 Years- Ms. Nicole Johnson, Graduate Periodontics Division

10 years- Prof. Nancy Young, Dental Hygiene Director

Prof. Patricia Capps- Dental Assisting Division, Director Distance Learning Program

20 years- Ms. Yvonne Baynham, Clinical Coordinator, Dental Hygiene Clinics

25 Years- Jamie Fields, Dental Assistant, Graduate Periodontics Division

DR. KHALED IS RUNNER-UP AT MIDWEST PERIODONTICS

COMPETITION. Congratulations to third-year periodontics student Dr. **Mohamed Khaled**, who made an award-winning presentation at the Midwest Society of Periodontology meeting in Chicago on Feb. 25. Dr. Khaled competed in the society's Graduate Student Research Forum, winning second prize for an oral presentation of his research titled "**Resolvin D1 Blocks the Effects of *P. gingivalis* on Human Gingival Fibroblasts.**" In addition to the congratulations Dr. Khaled received from the IU School of Dentistry professors and students who were in the audience to support him during the competition, including Dean **John Williams**, the honor carried with it a gift of \$500 and a personal plaque. "I dedicate this award to my Department of Periodontics and to my research mentor Dr. **L. Jack Windsor** in the Department of Oral Biology," said Dr. Khaled. "Without their help and support this research and presentation would not have been possible."

WHAT A MILESTONE!

Dr. Henry and Theresa Swenson recently celebrated their 70th wedding anniversary. Dr. Swenson is a 68 year member of IDDS.



Dr. Henry and Mrs. Theresa Swenson recently celebrated their 70th wedding anniversary. Our congratulations and best wishes go out to them.

Grandbabies

Congratulations y'all

Sharon Baggett (Periodontal Assistant) became a grandmother to twin girls in January. Samia and Shaylene Lofton were born January 20 and are doing very well

Diana Yates (Clinic Supervisor) became a grandmother to twin girls on 3/1/12. Their names are Raegyn and Hudson Brown. All are doing well.

Baby

Dr. Venkatesh Swaminathan (*MSD, 2009*) and his wife, Lena, welcomed a baby girl, Tejal Venkatesh on March 8th. They have another daughter, Meghna. Now Lena will have 3 children to take care off ☺

Papers Published

1. Cervical Enamel Projections and Associated Pouch-Like Opening in Mandibular Furcations
Steven B. Blanchard,* Gay M. Derderian,† Thomas R. Averitt,‡ Vanchit John,* and Donald H. Newell*-
J Periodontol 2012;83:198-203

2. Toloue SM, Chesnoiu-Matei I, Blanchard SB. A Clinical and Histomorphometric Study of Calcium Sulfate Compared to Freeze Dried Bone Allograft (FDBA) for Alveolar Ridge Preservation. J Periodontol. 2011 Dec 13. [Epub ahead of print], PubMed PMID: 22166162.
3. Janardhanam SB, Prakasam S, Swaminathan VT, Kodumudi KN, Zunt SL, Srinivasan M. Differential expression of TLR-2 and TLR-4 in the epithelial cells in oral lichen planus. Arch Oral Biol. 2011 Nov 24. [Epub ahead of print] PubMed PMID: 22119043.
4. **Balint Orban Abstract Citation**-Profile of Salivary Biomarkers in Chronic Periodontitis and Changes in Response to Scaling and Root Planing. Sivaraman Prakasam, Indiana University, Indianapolis, IN

Our Graduating Class of 2012



Residents; Adam Christman
Jason Au-Yeung, and Mohamed Khaled
Faculty in the picture are; Dr. John, Dr. Ramos,
Dr. Kowolik, Dr. Prakasam and Dr. Blanchard.

In Memoriam

On a sad note, Cynthia S. Whisler who worked in our Department for several years as an assistant passed away on December 30, 2011. Those of us who remember Cindy have fond memories of her.



Cynthia Strayhorn Whisler 51, Indianapolis, departed this earthly plane and ascended to heavenly reward on December 30, 2011 in the midst of loving family and friends. Cynthia was born on June 29, 1960, the daughter of the late Louis and Mary Strayhorn. She graduated from

Northwest High School and

Gupton-Jones College of Funeral Service of Decatur, GA, where she received her Associate Degree in Mortuary Science. She then joined the staff of Crown Hill Funeral Home near its inception in 1996, and served as Managing Director there for many years. She was well known for serving her families with compassion, accompanied with the ministry of song.

She is survived by her daughter, Ona L. Whisler; grandchildren, Amaiya M. and Jaylen I. Majors; siblings, Victor Trammell (Earla), Thea Woods (Charles), Mark Trammell (Angela), Lisa Dowdell (Allester), and Tamika Strayhorn.

Meet Our Incoming Class of Residents

We have been very fortunate to always land excellent quality residents who want to come and share three years of their lives training with us in the Department. The incoming class of 2012, includes four exceptional individuals in Christopher Cummings, Yusuke Hamada, Himabindu Dukka and Krithika Kumar



Chris Cummings

1. Brief education background

I originally attended Ball State for Architecture. The twists and turns of life lead me in another direction and in a way back. I've been interested in many things but ultimately it is dentistry that I settled down with. Now it is the foundational architecture of the periodontium that I focus.

2. Which Year in your training

I am a fourth year DDS student at Indiana University School of Dentistry planning to graduate May 12th, 2012 (6pm to be exact-am I counting down the hours?)

3. Family

My living immediate family is my wonderful Mother, Sister, Brother-in-law, Niece and nephew. My beautiful niece is 2 and she is a diva. My nephew is 9 and loves football and martial arts. He already wears size 10 mens shoe so I'm looking forward to watching him rule the field!

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

What kind of question is this? I know....I passed up the opportunity to study abroad. That hurts.

5. Things you did not do in

school/college that you wish you did

Ok, I didn't read the question ahead but I'm not changing the above answer. I really regret not studying abroad. I made up for it in dental school. In 2009 I travelled to Moi University in Eldoret, Kenya to help initiate a public health push in primary schools. The trip was a success, thanks to Dr. Yoder, and is a program that continues to return each year as well as host Kenyan students in Indianapolis. In 2010 I travelled to Curitiba, Brazil to help in a clinic focused on sealants/restorative/surgical needs of those with little resources. This trip was also a success, thanks to Dr. Zandona.

6. Your hobbies

Apparently travelling. Playing, creating, writing music (mainly guitar and songwriting). Hiking, backpacking, camping, mountain/rock climbing, art (painting).

7. Hidden talents

Discovering great new music by starving musicians (before dental school I was inquiring into schools in NYC, California, Nashville. I was almost one of those starving musicians).

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

Travel/Tourism/Music (I suppose all which I will still do)

9. Like/Dislikes

I like hiking to the middle of nowhere and not being able to receive any cell phone service. Getting away in nature is surely refreshing. A busy life commands some time away to reflect and let the mind wander.

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

During my 1st year of dental school I gained interest in Periodontics. Dr. John told me to "look at the whole forest before focusing on individual trees". Well, I did that and here I am.

11. Plans upon graduation

Two days after graduation I will fly to NYC for 3 nights upon which I will fly to France to stay with a friend I went to high school with. Toulouse will be my home base for a month. We will visit Portugal, Spain, and the Mediterranean. During this time I will branch

off into Switzerland for almost 2 weeks. I plan to endure a self-guided, solo backpacking trip through the Swiss Alps. It is a course common to other backpackers so I won't technically be alone. The "dormitories" for backpackers will feed me each night and will keep me safe from the wildlife. I consider it a spiritual journey.

Himabindu Dukka



1. Brief education background-

BDS, Rajiv Gandhi University of Health Sciences, Bangalore, India-2007
MPH, Indiana University, Indianapolis, 2011. I have spent the last 2 years working in research at the IU School of Medicine. I have been predominantly involved with multiple clinical trials in women's health. I got to watch babies being born as a part of this job!

2. Which Year in your training- First

3. Family- Kalyan (Husband),

Manufacturing Engineer at Cummins
Krishiv (Son, 3years old)

My parents live in India. My younger sister and her husband are both dentists in India.

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

Take math classes!

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

I was a very shy person growing up. I wish I had interacted with my peers more. I am sure I missed out on knowing some wonderful people.

6. **Your hobbies-** Yoga and reading biographies of high achievers.

7. **Hidden talents**

I can dance. I also took guitar lessons for some time while I was in India but unfortunately could not continue. I hope to pick it up again in the future.

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

I think the human body is so fascinating, so I would have probably studied something within the realm of medical sciences.

9. **Like/Dislikes**

The list can be very long but my current obsession is menthol flavored halls cough drops! I just can't get enough of those. I also enjoy trying out new foods. As far as dislikes are concerned, I don't like people who do not respect others' time and blue cheese, I think it tastes like rotten coconut.

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

My primary reason is the faculty. They are all so encouraging and fantastic. Their achievements are really inspiring to me! Another reason is how diverse the department is. It truly speaks for how welcoming the program is.

11. **Plans upon graduation**

Academia, so far, has been the place for me. While staying in academics is number one on my list, I have been contemplating practicing part time.



Yusuke Hamada

1. **Brief education background**

I earned my dental degree (DDS) from Kyushu Dental College in Japan in 2006. After finishing my degree, I had trained and practiced at department of oral surgery at Kyushu Dental College Hospital (2006-2008). I had worked at Fukui University General Hospital as a general Anesthesiologist for 6 month. Then I had worked in a private practice for three years (2008-2011).

Which Year in your training

I will be a first year resident in the periodontics program.

2. **Family**

My wife, Ho Mei-Yi, is a dentist, and from Taiwan. We will have a son in the near future. (She is pregnant now.) My parents and siblings are in Japan.

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

I do not have any regrets in my college life. Everything incredibly contributed to my experiences

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

I wish I traveled all over the world in order to meet a lot of people who have different cultural back grounds

5. Your hobbies

Listening to music, watching movies, playing baseball

6. Hidden talents

I played a guitar and drums when I was a college student

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

If I did not become a dentist, I would have become a researcher or engineer

8. Like/Dislikes

Likes: Family, Friends, people who are doing their best

Dislike: a person who complains a lot and unmotivated people

9. Why did you choose IU's Periodontics Residency Training Program?

IUSD is very famous in Japan because there are a lot of wonderful alumni.

Also, the program consists of clinics, research, and classes. The combined program is attractive to me. Moreover, Indianapolis is really nice place to study and to live with family

10. Plans upon graduation

I would like to practice in a clinic and conduct research programs



Krithika Rajkumar

1. Brief education background

I graduated from Sri Ramachandra University, Chennai, India in 2009 with B.D.S.

2. Which Year in your training

Looking forward to begin my Periodontics residency in July 2012

3. Family

I am married to my husband Senthil for two and half years and excited to be expecting our first child this June.

Senthil works for Stanley Black and Decker as Lead Business Analyst.

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

I was mostly the nerdy type and was trouble free most of the time atleast.

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

I never experienced being a Back Bencher and the fun associated with it.

6. Your hobbies

Gardening, Watching feel-good and comedy movies, Riding my bike along the Monon, Trail and Shopping (Poor Husband !!)

7. Hidden talents

I can sing.

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

I would have either become physician or discrete personal shopper

9. Like/Dislikes

Likes: dogs, warm weather, cooking

Dislikes : cleaning up after cooking, liars, hypocrites

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

Wide exposure both in the Clinics and didactic courses .

Good mix of faculty bringing in different ideologies and treatment approaches.

The program provides the residents the liberty to choose and try various implant systems.

Reputation of the program

11. Plans upon graduation

Having thought about this stuff over and over again, I plan to pursue a career in academics as a teacher/researcher.

Graduating Class of Residents

We will also be saying ‘good bye’ to three of our residents, Adam Christman, who served as the Senior Resident, Dr. Jason Au-Yeung (featured in our April 2010 Newsletter) and Dr. Mohamed Khaled.

Adam Christman



1. Brief education background

Franklin Central High School 1998
Wabash College 2002 - BA
Purdue Univ School of Science 2004 – MS
IUSD 2008 – DDS
IUSD 2012 - MSD

2. Which Year in your training

Third Year

3. Family

Mother- Pamela
Father – Ed
Sister (younger) – Andrea
Brother (younger) – Jarod

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

Not appropriate for professional newsletter

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

Gotten to know professors in college a little better
Started on perio research a little sooner

6. Your hobbies

Working out
Cigars and craft beer
Racquetball
Taking out loans and being a career student

7. Hidden talents

I am secretly a masked crimefighter

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

Medicine. Several family members are nurses and physicians

9. Like/Dislikes

Severe dislike of reality television

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

Had much experience with faculty during pre-doc training at IUSD, knew the program was quality and that I would enjoy working with IU periodontists. Also in-state tuition is better than out-of-state

11. Plans upon graduation

Tentative plans to join a periodontal group practice in the Baltimore area, consisting of three very well-respected periodontists.

Mohamed Khaled



1. Brief education background.

I did my schooling at St.Bede's High school, a private catholic school for boys in my hometown of Chennai, India. Then completed my BDS and MDS Periodontics from Dr. MGR Medical University Chennai, India

2. Which Year in your training

I am a final year resident graduating in May 2012.

3. Family

I once heard a saying about how having a family makes one a rich man. I feel it is a true statement and feel blessed to have a wonderful family. My dad is a general practitioner in India who has been a bright shining example for me all through my life and my mom who quit her college teaching job and became a stay-at-home mom to take care of me and my sister.

Complementing my beautiful family is my wife Naghma, who has been my Rock of Gibraltar ever since our marriage. She works as a Systems Engineer at Pontis Research Inc, a SoCal based IT Security Company.

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

To be honest, I really don't regret a lot of things. I tend to purposely avoid doing things I even think I might regret. Having said that, the one thing I did in recent years that I never ever should have done is go Ice Skating at a party

without proper training. Well, I learnt my lesson.

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

As a painfully shy kid I missed out on doing school plays and dramas even though opportunities were aplenty. I wish I had taken an active part in some of those.

6. Your hobbies.

I am an avid movie goer and love watching and discussing movies. I also love to cook mostly Indian styled recipes. I find cooking a great way to de-stress and unwind and forget about Periodontics for a while. I took up running as a hobby when I was a kid and still love doing it. Running helped me develop mental endurance as it spills into other areas of my life. I think I can conquer this world.

7. Hidden talents.

I believe that there's no limit in what we as human beings can do and that the only limit is determined by our imagination. I feel I can do almost everything if I put my heart and soul into it. I am still in the process of discovering my latent talents but a few that I can list here are: I play Table tennis and was a school champ representing my school at various tournaments. My wife says I am a good storyteller, and I don't mean a fibber here but I can invent and narrate stories. Hope to write a book or script a movie someday.

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

I would have become The Saint and played the part better than Val Kilmer in the movie. Just kidding ☺. On a serious note, my passion in life has always been to teach, to inspire and motivate. As a newbie to this country, sitting at home cramming for my NBDE exams, I found blogging as a great avenue of reaching out to people and sharing my ideas, my thoughts, tips and pointers and any

information I had related to NBDE. That blog has not been active for a few years now but people still occasionally reach out to me for help. So I would have either been a teacher or a motivational speaker.

9. Like/Dislikes

Like : I like the journey called life, I like rock ballads and my all-time favorite is “Summer of 69” by Bryan Adams, I like the sun-kissed California beaches reminds me of my hometown Santhome in Chennai. Driving down the Pacific Coast Highway with my wife in tow is most memorable. I love random reading.

Dislike: Pseudo friendships, hypocrites, laziness

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

The program’s curriculum was appealing to me due to its right mixture of didactic and clinical training, giving students a chance to acquire an in-depth knowledge of Periodontal literature. Apart from the great curriculum the school offered I was blown away by the warmth and hospitality of the entire department on the day of my interview. It was both a humbling and amazing experience to meet and talk to various faculty members and the chairman. I went home hoping that the department would pick me as one of the candidates.

11. Plans upon graduation

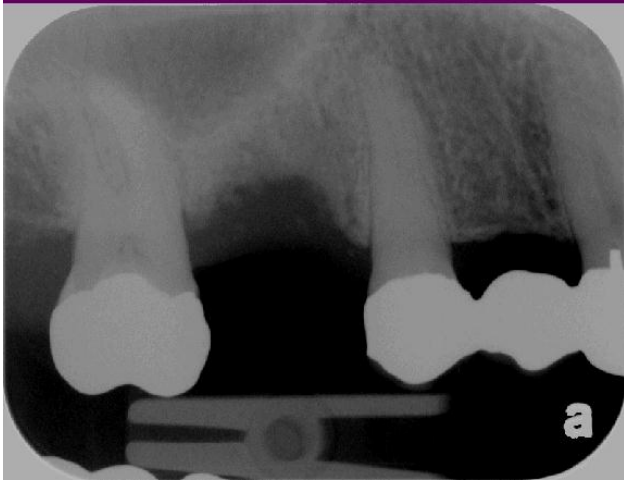
I see graduation with the same level of excitement as my earlier ones – a sense of a new beginning, a launch pad into the future. I definitely see myself pursuing my goal to be in Academics and teach Periodontics. Let’s see where the road takes me and what lies ahead. My mantra is “Tough time’s never last, tough people do” that says it all.

Resident Case of the Month

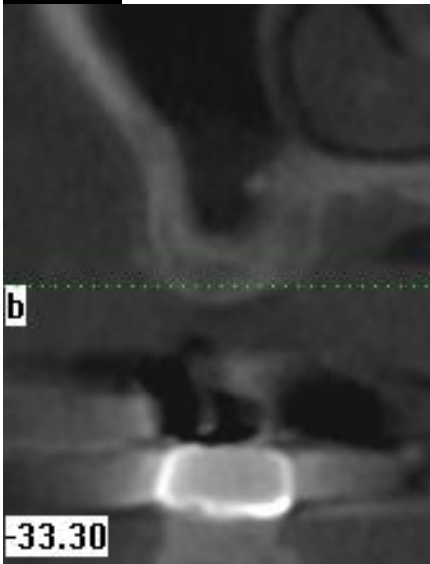
Dr. Mohamed Khaled, 3rd Year

- 45 year old Caucasian female, with a BMI of 21.8kg/m². Nonsmoker with no known medical history classified as ASA 1. Patient presented to Graduate periodontics for implant placement in the # 3 in 2009.
- Dental history for tooth # 3 was: Root canal treatment and post – crown placed on # 3 in 2007, the tooth fractured subsequently and was extracted by a private dentist. Lateral window sinus augmentation was done previously without much improvement in the vertical height of the maxillary ridge. The case was assigned for retreatment. A CT scan was taken which revealed pneumatization of the sinus, presence of middle sinus septae, with a vertical and horizontal ridge deficiency. The case was done as a staged approach with Stage 1: Lateral window sinus lift procedure with xenograft (Bio-oss) and collagen membrane. Stage 2: Implant placement after 6 months. The case was done under conscious sedation. After achieving moderate sedation and intra oral anesthesia, a full thickness flap was reflected, the lateral window was removed by a piezo hand piece, and the middle sinus septae was removed. Bio Oss (Xenograft) was used to graft and a Bio Gide membrane was draped over the graft. 6 months post surgically 13 mm in vertical height and 6 mms in horizontal width was gained. A Straumann 4.8x 10mm RN implant was placed. The case was completed in 9 months.

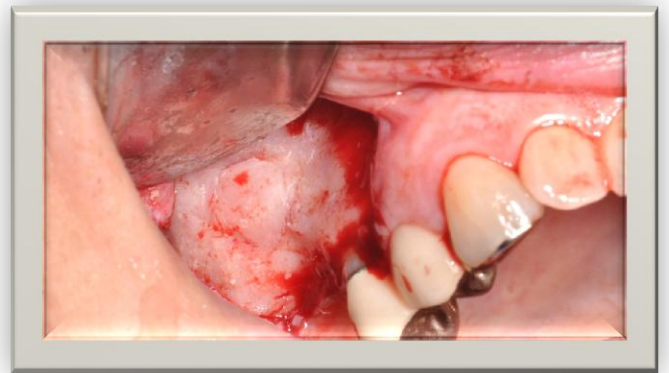
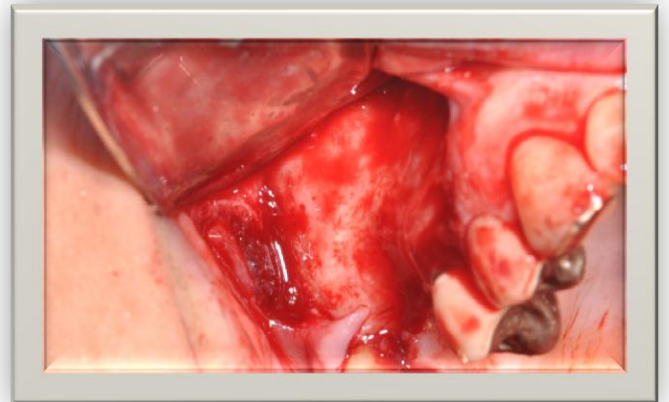
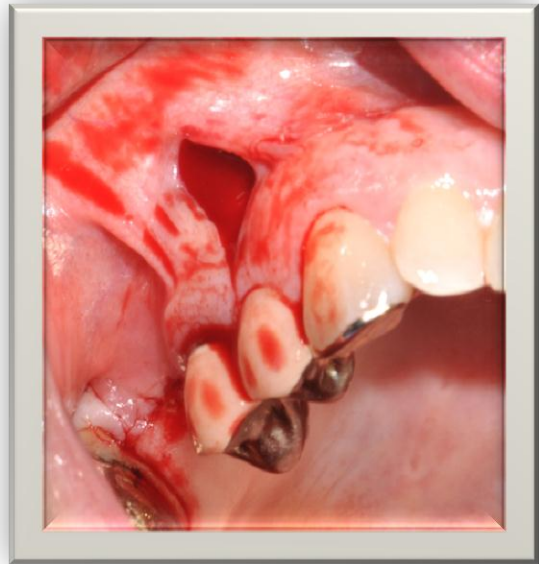
Initial Presentation



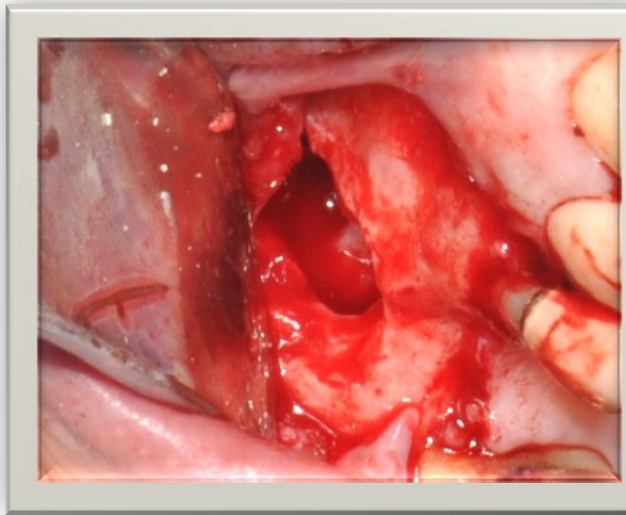
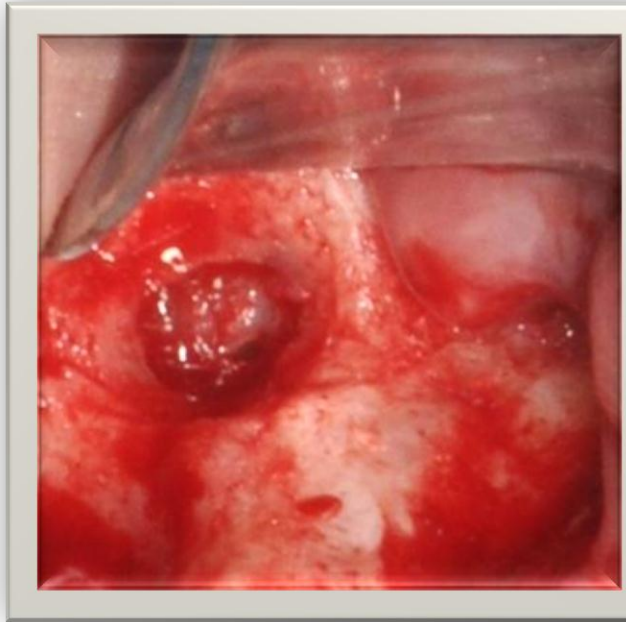
CT Scan



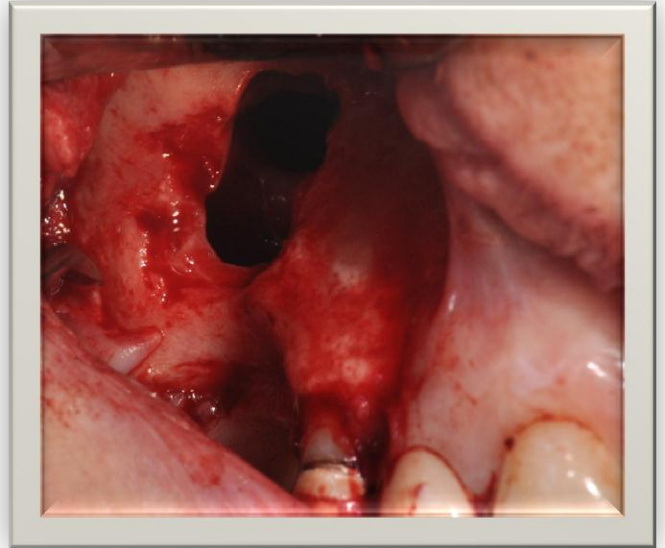
Intra-Op: Flap Reflection



Creation of the Sinus Window

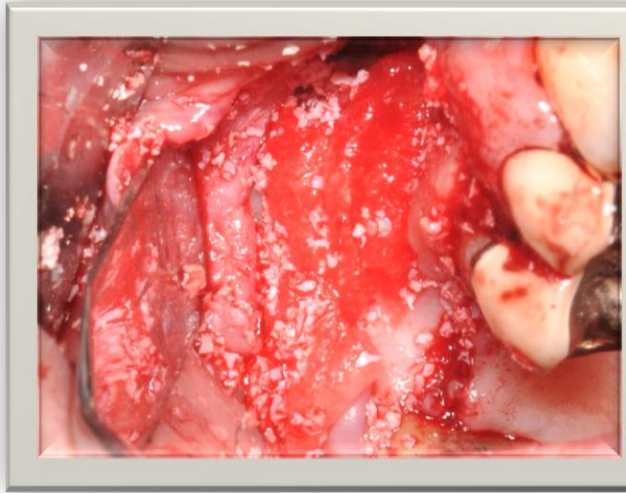


Sinus Window Created

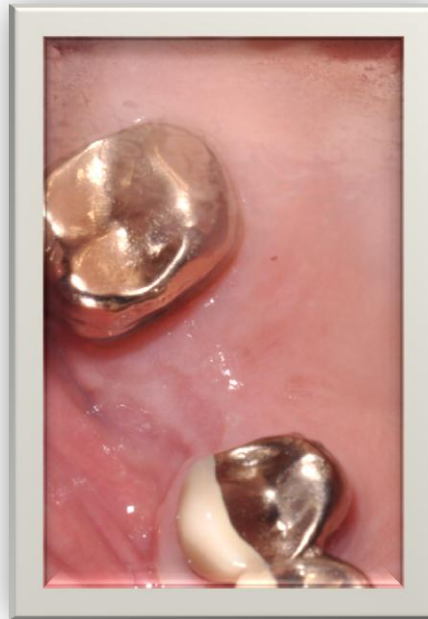


Sinus Grafting with Bio Oss Material

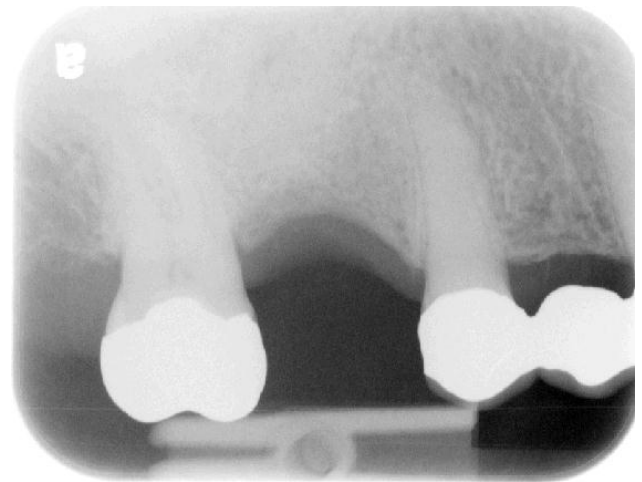
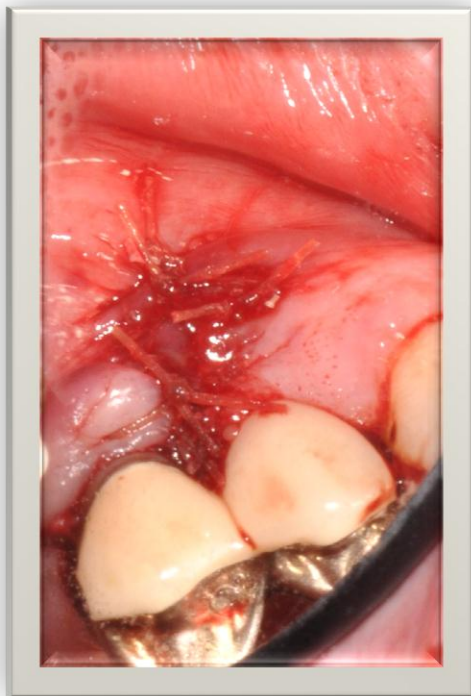
Bio Gide Membrane Place



6 Months Post-Op



Flap Sutured



3 Months Post-Op Radiograph



A Straumann 4.8 x 10 mm RN Implant was placed

Implant Restored



Upcoming Events

Graduation Party for our 3rd Year Residents

As we get to say goodbye to our three residents who will be leaving us soon, we will have a party in their honor on **April 28th at the JW. Marriott in Downtown, Indianapolis**. We hope to see many of you there.

Emergency Drills

March- 27th – Testing Stations- Faculty

1. Oxygen Use- Diana Yates
2. Emergency Kit Evaluation- Kathy Thompson
3. Use of the EpiPen- Dr. Liz Ramos
4. Use of the Glucometer- Sharon Baggett

April 24th- Syncope and Foreign Body Obstruction- Third Year Residents

May 29th – IV sedation Emergencies- Dr. Gossweiler

June 26th- Second Year Residents- Syncope and Sudden Cardiac Arrest

Calibration Sessions

4/23/12- Vanchit John

5/21/12- Review of Pre-Doctoral Clinic Policies- Vanchit John

6/19/12- Michael Gossweiler



INDIANA UNIVERSITY

SCHOOL OF DENTISTRY

Department of Periodontics and
Allied Dental Programs
IUPUI