Drs. Clark Stanford, David Gratton, Ghadeer Thalji, and Satheesh Elangovan Attend AO Meeting

Drs. Clark Stanford, David Gratton and Ghadeer Thalji (all Department of Prosthodontics faculty), and Satheesh Elangovan, Department of Periodontics, attended the 28th Annual Meeting of the Academy of Osseointegration, which was held March 7-9, 2013, in Tampa, Florida.

Dr. Stanford’s keynote presentation, “The Dental Implant: What Are the ‘Right’ Implants for Today’s Indications? Surfaces, Connections, and Flexibility,” was telecast worldwide. (The telecast can be viewed at http://www.livestream.com/academyotv/video?clipid=pla_a7fdd585-1043-44ed-b1d1-8602abe37b2&utm_sources=lslibrary&utm_medium_ui-thumb. Please note that Dr. Stanford’s presentation begins 19 minutes into the telecast.)

Dr. Satheesh Elangovan, an Osseointegration Foundation Clinical Implant Research Grant recipient, presented “The Effect of Obesity on Peri-implant Health: A Cross-Sectional Study.”

Dr. David Gratton presented “The Role of CAD/CAM in Contemporary Implant Prosthodontics.”

Stephanie Dalton’s Mission Trip to Guatemala

(Left): Stephanie Dalton (D4) participated in the recent Iowa Rotary District 6,000 Miles of Smiles mission trip to Guatemala on February 14-24, 2013. (Right) Stephanie and Dr. Steve Aquilino, Department of Prosthodontics, extracting teeth.

See story on page 2.
Stephanie Dalton and Dr. Steve Aquilino
Participate in MOST Trip to Guatemala

(In Stephanie’s words): “We flew in to Guatemala City and traveled to the town of Huehuetenango, which took about six hours. In Huehue we had five surgical days plus two days for unloading/loading supplies. There were approximately 39 people in our group. While in Huehue, we were joined by local dental students, medical students, and physicians from the hospital where we were working. We also had the support of the local hospital staff.

“We performed surgery for patients with cleft lip and cleft palate: primary lip and palate repairs, lip revisions, and teeth extractions. The dental team made several obturators for patients who were not surgical candidates and also repaired a removable partial denture. Most of the patients were children, but we did see some adults for lip revisions and tooth extractions.

“We started each morning bright and early, with the goal of beginning surgery by 8 a.m. Most days ended around 6:30 or 7 p.m. I know we extracted 195 teeth over the five days. I believe 75 people showed up for screening, and a total of 53 patient surgeries were done.

“I enjoyed working with the other team members and seeing the smiles on the faces of the families. The people of Guatemala were incredibly kind, hospitable, patient, and grateful for the service of the team.

“On the way back, we made several stops at some Mayan ruins, a coffee plantation where we went zip lining (see right), and Antigua to tour the local markets and restaurants. It was a great opportunity to spend time with other group members and to see the beautiful country of Guatemala. (It was also nice to enjoy some sunshine in the mountains during our winter!)

“This is definitely an experience I would recommend to students. It was great to work with other medical professionals and to gain experience working with a different patient population. I enjoyed meeting local dentists and dental students as well as learning about their training in Guatemala.

“The trip was well organized, and I am very grateful to have had the opportunity to go! I appreciate the support of the college in making this trip possible for me.”

To view the mission’s blog, go to http://iowamost.blogspot.com.
Four Tooth Fairies Visit the College of Dentistry

On February 28, 2013, known by a few as National Tooth Fairy Day, the College of Dentistry was visited by four tooth fairies (solicited by Staff Development). The four tooth fairies delivered tooth-shaped cookies and chocolate coins to each department.

(Tooth fairies, left to right): Beth Burgess, OPRM; Keeley Carter, OPRM; Elaine Brown, Office of Student Affairs; and Shannon Knipfer, Office of Student Affairs.

Kirkwood Dental Hygiene Students Assist at Collegiate Booth During Health Fair

(Left to right): Amy Groomes and Sarah Gallegos, Kirkwood dental hygiene students, assisted at the recent health fair at the UI Wellness Center.

Oral Surgery Snow Angels Spread Their Wings

(Left): Oral Surgery snow angels, Karen Waters and Kate Kane, spread their wings on the 4W patio.

And speaking of snow angels, check out the snowman below, courtesy of Vicki Green.
Filling Station Announcement
During Spring Break (March 18-22), the Filling Station hours will be 7:30 a.m.—2:00 p.m.

Upcoming Events

Speaker: Michael Gerson
Wednesday, April 3, 7 p.m.
Old Capitol Senate Chambers

The Waiting Room (an award-winning documentary about a day in the emergency department at an Oakland, CA public hospital)
Tuesday, April 9, Location TBD
7:00 p.m.: Film screening of The Waiting Room
8:30 p.m.: Moderated discussion featuring Peter Nicks, director and producer of the film.

Houchen Bindery Schedule: March 18-21
The above dates reflect Monday-Thursday pickup and delivery. Please have orders ready by Monday at noon. Routes are subject to change. with advance warn-

Dental Filling Station
March 18-22, 2013

Monday
Smoked Pork Sandwich & Chips $4.80
Soup du Jour $2.50 / $3.50
Deli & Paninis

Tuesday
Sloppy Joe Sandwich & Chips $3.80
Soup du Jour $2.50 / $3.50
Deli & Paninis

Wednesday
Cheeseburger with Chips $4.50
Soup du Jour $2.50 / $3.50
Deli & Paninis

Thursday
Chicken Strips & Ranch Dressing $4.30
Soup du Jour $2.50 / $3.50
Deli & Paninis

Friday
Hot Ham & Cheese Sandwich $5.25
Soup du Jour $2.50 / $3.50
Deli & Paninis

Recent Publications


Steven F. Miller, PhD
Postdoctoral Research Fellow
Department of Orthodontics
University of Iowa

Noon Seminar Series

“A Candidate Gene Approach to the study of Dental Arch Form Employing Genotype-phenotype Correlations”

14B Galagan
Tuesday, April 23, 2013
12:00 – 1:00 PM

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact Marie Phillips at (319)335-7387 or marie-phillips@uiowa.edu.
Noon Seminar Series

“Better Oral Health for Older People”

14B Galagan
Tuesday, March 26, 2013
12:00 – 1:00 PM

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact Marie Phillips at (319)335-7387 or marie-phillips@uiowa.edu.
The 2013 Legislative Brown Bag
Lunch and Learn Series

**Mental Health & Disability Services Reform**

Rescheduled for:
Monday, April 8
Iowa State Capitol Building
Room 116 12 – 1 pm

**Speakers:**
Robert Bacon, Director, Iowa’s University Center for Excellence on Disabilities, Center for Disabilities and Development, University of Iowa

Debra Waldron, Director and Chief Medical Officer, Child Health Specialty Clinics, University of Iowa and Clinical Associate Professor of Pediatrics, University of Iowa

Mental health and disability services reform is another important issue facing the legislature this session. Issues surrounding mental health, disability services, and the financing and delivery of services will be discussed.

The Legislative Brown Bag Lunch and Learn Series events are designed to share the expertise of University of Iowa faculty with Iowa Legislators on critical issues relevant to the current session and familiarize legislators with faculty who may be of future assistance.

**Other sessions this year include:**

- [The Univ. of Iowa and Economic Development](#) Monday, March 25
- [STEM Education Policy](#) Monday, April 1

Please feel free to bring your lunch to each session. For more information or questions about the series, please contact Peter Damiano by e-mail [peter.damiano@iowa.edu](mailto:peter.damiano@iowa.edu) or phone: (319) 335-6800.
For more detailed information about the James S. Wefel Cariology Symposium, go to:

http://www1.dentistry.uiowa.edu/sites/all/docs/Wefel_symposia_link%20info.pdf
SAVE THE DATE

13th Bi-Yearly Donald B. Osbon Memorial Lecture

Saturday, April 20, 2013
University of Iowa College of Dentistry & Clinics
Dental Science Building
Iowa City, Iowa

Distinguished Speaker:
Stuart Lieblich, D.M.D.
University of Connecticut

“Ambulatory Anesthesia for the OMFS:
Common and Uncommon Complications”

Part 1: Integrating capnography into practice
Part 2: Case-based review of anesthetic techniques and complications

Dinner Saturday evening, April 20,
Marriott Hotel, Coralville, Iowa

Register now 319-356-2318; s-kucera@uiowa.edu
Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

13 Health Tips for 2013
Dedicate yourself to a healthy lifestyle in 2013 with these food, nutrition and exercise tips.

1. **Eat Breakfast**
   There’s no better way to start your morning than with a healthy breakfast. Include lean protein, whole grains, fruits and vegetables. Try oatmeal cooked with low-fat milk, sliced almonds and berries, or top a toasted waffle with low-fat yogurt and fruit. Find more quick breakfast ideas at [www.eatright.org/nutritiontipsheets](http://www.eatright.org/nutritiontipsheets).

2. **Make Half Your Plate Fruits and Vegetables**
   Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Don’t let winter stop you from enjoying produce. It may be harder to find fresh options, but frozen and canned are great alternatives. See “20 Ways to Enjoy More Fruits and Vegetables” at [www.eatright.org/nutritiontipsheets](http://www.eatright.org/nutritiontipsheets).

3. **Watch Portion Sizes**
   Do you know if you’re eating the proper portion size? Get out the measuring cups and see how close your portions are to the recommended serving size. Using smaller plates, bowls and glasses can help you keep portions under control. Use half your plate for fruits and vegetables and the other half for grains and lean meat, poultry, seafood or beans. To complete the meal, add a glass of fat-free or low-fat milk or a serving of fat-free yogurt for dessert. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov).

4. **Be Active**
   Regular physical activity lowers blood pressure and helps your body control stress and weight. Start by doing what exercise you can for at least 10 minutes a day. Children and teens should get 60 or more minutes of physical activity per day, and adults should get two hours and 30 minutes per week. You don’t have to hit the gym—take a walk after dinner or play a game of catch or basketball.

5. **Fix Healthy Snacks**
   Healthy snacks can sustain your energy levels between meals. Whenever possible, make your snacks combination snacks. Choose from the MyPlate food groups: whole grains, fruits, vegetables, low-fat or fat-free dairy, lean protein or nuts. Try low-fat yogurt with fruit, whole grain crackers with low-fat cheese, or a small portion of nuts with an apple or banana. For more snack ideas, see “25 Healthy Snacks for Kids” and “Smart Snacking for Adults and Teens” at [www.eatright.org/nutritiontipsheets](http://www.eatright.org/nutritiontipsheets).

6. **Get to Know Food Labels**
   Ever wonder what the numbers in the Nutrition Facts panel really mean? Or, the difference between “reduced fat” and “low fat”? The Food and Drug Administration has strict guidelines on how food label terms can be used. To learn more about food labels, see “Shop Smart – Get the Facts on Food Labels” at [www.eatright.org/nutritiontipsheets](http://www.eatright.org/nutritiontipsheets).
The Council on the Status of Women (CSW) is seeking new Council members

Its mission
...to ensure an environment that supports the rights of all women at The University of Iowa.
...committed to working in partnership with the University ... removing barriers to women's learning, professional growth, creativity, employment, and contributions...

The Council's Commitment
To make a difference in the lives of women at the University of Iowa.

The Council has three active Committees.
- Herstory – a committee producing Women at Iowa, a television Series documenting the stories of UI women.
- Unwelcome Behavior – is dedicated to increasing campus awareness of sexual harassment with a special interest in increasing knowledge among UI undergraduates.
- Climate and Diversity - a committee connecting to the broader UI diversity agenda.

The Council’s current activities are
- Implementing in partnership with the UI Chief Diversity Office a survey examining sexual harassment as experienced by undergraduate students
- Producing Women at Iowa

The Council on the Status of Women has been involved in
- Studies on salary and equity;
- Survey on sexual harassment on campus;
- Campus climate report card;
- Gender equity in Athletics;
- Increased child care availability;
- Recognizing and promoting women's achievement;
- Co-sponsoring the Celebration in Excellence and Achievement Among Women

To apply?
For a membership application, see http://provost.uiowa.edu/csw/

Applications are due Friday, March 22, 2013.

For information on the priorities and accomplishments of CSW, visit http://www.uiowa.edu/~csw or contact Dee Gansemer, Nominations Committee Chair, deanna-gansemer@uiowa.edu 384-4456.
Weight Management Group Coaching

Be part of a group making changes to improve their health. Get tips, techniques, and support on ways to make realistic strategies that support weight loss. This is a FREE group designed specifically for those who are interested in living a healthy lifestyle to manage their weight.

Are you looking for...
- Ways to improve your exercise plan
- Ideas to better your diet
- Stress management strategies
- Tips for healthy lifestyle habits

How might this group help you?
- Increase motivation
- Create a realistic plan
- Provide accountability
- Support you and your goals

Tuesdays, 12:10-12:50pm
March 26 • April 2 • April 16
April 30 • May 14
All sessions are held in the Wellness Services Suite of Campus Recreation and Wellness Center.

Eligibility: Staff and faculty in 50% or greater, regular positions who are not currently working with a Health Coach.

*To sign up or for more information*
Contact UI Wellness at liveWELL@uiowa.edu
Registration deadline is March 22, 2013. Space is limited.

The University of Iowa
Making the Connection: March 2013

All Faculty & Staff

March is National Nutrition Month

- Good nutrition doesn’t need to be complicated. Here are a few ways to keep it simple:
  - Eat together as a family. Model healthy behaviors for children like portion control and enjoying fruits and vegetables.
  - Exercise portion control. Use smaller plates, share entrees in restaurants, keep extra food for leftovers.
  - Choose Fruits and Vegetables. Use these healthy foods for snacks and enjoy them with all meals.
  - Try more whole grains instead of processed grains. Choose brown rice or whole wheat bread instead of white.

Weight Management Group Coaching

Get tips, techniques, and support on ways to make realistic strategies that support weight loss. Meetings start Tuesday, March 26th from 12:10-12:50 p.m. at the Campus Recreation and Wellness Center. For more information or to register contact livewell@uiowa.edu or call 335-2973. If your department has 6-12 people interested in bringing Group Health Coaching to your area, contact us for more information!

Free Financial Counseling Session

All University employees are eligible for a free financial consultation session with a certified financial counselor. For more information, please contact the Faculty & Staff Services/Employee Assistance Program at (319) 335-2085 or e-mail them at eaphelp@uiowa.edu.

What’s New

Facing the Future: Writing a Will and Advance Directives Workshops

Len Sandler, Clinical Law professor, and students from the UI Clinical Law program will present “Facing the Future - Writing a Will and Advanced Directives - Important Details and Decisions” workshops Thursday, April 4, 2013 and Thursday, April 11, 2013 from 5:30 – 6:30 p.m. in the Campus Recreation and Wellness Center. These workshops will review what you need to know about writing a will, living wills, powers of attorney and key decisions to ensure your wishes are carried out. To attend, register in My Training on the Employees Self-Service web site. The course is listed as “WRITING WILL-ADV. DIRECTIVES 1” and “WRITING WILL-ADV. DIRECTIVES 2.” Participation in both workshops is encouraged as different topics will be covered. For more info, email the Family Services Office at familieservices@uiowa.edu or call 335-1371.

StrengthsFinder is Back!

StrengthsFinder is an assessment tool to help you become aware of the natural ways you think, feel, and behave. StrengthsFinder has currently been taken by millions of individuals around the world to help people do what they do best every day. Our next class is on April 2nd, 8:30 – 11:30 a.m. There is a $15 fee associated with this workshop which includes a code for online assessment and course materials. Registration and payment must be received 2 weeks prior to the workshop. Online assessment code will be sent after registration and payment are confirmed. For registration form and more information, go to:

http://www.uiowa.edu/~husstrdv/catalog/workplace/594.html

Enroll through Self-Service | My Training | Available Sessions...

- EFFECTIVE PEOPLE SKILLS: Mar. 20, 1:30 – 4:30 pm | 112 USB
- PROCUREMENT CARD TRAINING WITH LAPTOPS: Mar. 20, 9 – 10:30 am | 112 USB
- FACILITATION SKILLS/DEALING WITH RESISTANCE: Mar. 25, 10 am – Noon | 112 USB
- GENERAL LEDGER JOURNAL ENTRY: Mar. 26, 10:30 am – Noon | 112 USB
- HOW TO GET YOUR WORK DONE: Mar. 26, 1 – 5 pm | 112 USB
- WEB CV/PAY CV (CORRECTING JOURNAL ENTRIES): Mar. 27, 1 – 3 pm | 112 USB
- MERIT RECLASSIFICATION PROCESS: Apr. 2, 1 – 2 pm | 112 USB

Upcoming Courses for Your Work Success

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact UI Learning & Development in advance at (335)-5887.