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Four Iowa Dental Students Receive 2011 AADR Bloc Travel Grants

Four UI College of Dentistry dental students have been selected from 219 applicants to receive the 2011 American Association for Dental Research (AADR) Bloc Travel Grant: Sandra Imoehl (D3 - mentor: Dr. Jeff Murray, College of Medicine); Jason Rogers (D3 - mentor: Dr. Andrew Lidral, Department of Orthodontics); Brian Smith (D2 - mentor: Dr. Jeff Murray, College of Medicine); Emily Wang (D1 - mentors: Dr. Deborah Dawson, Biostatistics and Research Design, and Dr. Karin Weber-Gasparoni, Department of Pediatric Dentistry). These students were selected based on the scientific excellence of the abstracts they submitted for the 89th General Session & Exhibition of the AADR in San Diego, California. Recipients will each receive a check for $1,150 to assist in paying for hotel and round-trip airfare to the meeting.

The 2011 AADR Bloc Travel Grants was awarded to the AADR by the National Institute of Dental and Craniofacial Research (NIDCR).

Local AADR Research Day: February 15, 2011

Students, staff and faculty: The College of Dentistry will be hosting the Local AADR Research Day on February 15, 2011. Now is the time to submit your abstract for an oral or poster presentation or a table clinic. This year we have a new abstract submission website!!

To submit your abstract please log into the site using your hawkid and password. The site is located at: http://www.dentistry.uiowa.edu/localaadr/

DEADLINE: Abstracts will be accepted until 8:00 A.M. Tuesday, January 18. This is a FIRM deadline, NO abstracts will be accepted after 8:00 A.M. on January 18.

On February 15, we will welcome our keynote speaker, Dr. Lawrence E. Brecht, from New York University. His presentation will be entitled, “Advances in Cleft Palate Care – The University of Iowa-New York University Medical Center Connection.”

Please see the following link for more information about the Research Day: http://www.dentistry.uiowa.edu/missions/research/local_aadr/.

(From Justine Kolker, president of the Iowa Chapter of AADR)
Attention Dental College Researchers: NIH Application Submission Changes

Application submission changes are coming in January 2011. Many NIH changes affecting application submissions are converging on the January 25, 2011 application receipt date, including the elimination of the error correction window, the new policy on post-submission application materials, the new time limit for resubmission application, and more. If you are planning to submit an application for a due date on or after January 25, go to http://grants.nih.gov/grants/guide/notice-files/NOT-OD-11-021.html. The website describes all the changes that will take effect on and after January 25 and provides information about any related notices.

College of Dentistry Research Grants/Renewals in 2010 (Part 2)

**Dr. Steve Armstrong, Operative Dentistry:**

Micotensile Bond Strength After Environmental Challenge of Peak SE with Proteolytic Inhibitor. $17,925. Dr. Steve Armstrong, Operative Dentistry, principal investigator. Funded by Ultradent Products, Inc. The grant will support the evaluation of the effectiveness of proteolytic inhibitors incorporating into enamel and dentin bonding agents to enhance bond stability.

**Dr. Robert Schneider, Prosthodontics:**

Short-term osteointegration of SPI element/inicell dental implants. $1500. Dr. Robert Schneider, principal investigator; Dr. Kirk Fridrich, Oral and Maxillofacial Surgery, co-investigator. Funded by Thommen Medical AG. The study’s goal is to determine if a tooth implant with a newly developed optimized surface performs well when inserted into jaws of patients with missing teeth.

**Dr. Christopher Squier, OPRM, and Dows:**

Dental Health, Blood Pressure & Tobacco Cessation Project. $227,040 (grant renewal). Dr. Christopher Squier, principal investigator; Nancy Slach, Periodontics, co-investigator; Dr. Bhagyashree Pendharkar, postdoctoral research scholar, co-investigator. Funded by IA DPH/NIH DHHS. The goals of this three-year project are to simplify and improve the screening and referral for tobacco use and hypertension; modify the curriculum for dental assistants, dental hygienists, and dental students based on private practice pilot programs; and develop state-wide continuing education programs to encourage practitioners to increase screening and referral for tobacco and hypertension.

**Dr. Kim Brogden, Dows Institute for Dental Research, and Periodontics:**

Defensin-induced Adaptive Immunity to HagB. $356,250 (grant renewal). Dr. Kim Brogden, project director; Dr. Mark Ackermann; Dr. Myriam Belanger; Dr. Joseph Cavanaugh; Dr. Georgia Johnson, Periodontics; Dr. Zoya Kurago; Dr. Ann Progulske-Fox; and Dr. Hua Xie, consultants. Funded by the National Institute of Dental & Craniofacial Research. The goal of this five-year grant is to evaluate the ability of HBD3 to act as a small molecule inhibitor attenuating pro-inflammatory cytokine responses to *P. gingivalis* adhesins.
Our goal is to create a beloved community. This will require a qualitative change in our souls as well as a quantitative change in our lives.

- Dr. Martin Luther King, Jr.

2011 Celebration of Human Rights
Dr. Martin Luther King, Jr.
at The University of Iowa

“If we cannot end now our differences, at least we can make the world safe for diversity.”

John F. Kennedy, 35th President of the United States
International Recipe Contest

The Diversity Committee is asking College of Dentistry faculty, students and staff to submit recipes that are accessible to the home cook but still have the authentic taste of an international cuisine. Please include a brief statement explaining why the recipe is typical of that culture and what it means to you.

From our first entrant:
Jonathan Alvarez (D3)

For as long as I can remember, my grandmother has been making this decadent dessert. As political immigrants from Cuba they were not allowed to bring any material objects to this country; however, their traditions and foods have been preserved.

Dulce de Las Tres Leches (Three-Milks Cake)

1 12 oz. can evaporated milk
1 14 oz. can condensed milk
1 package yellow cake
1 teaspoon of vanilla extract
Two spoonfuls of rum (Optional)
Whipped cream and maraschino cherries

Prepare the cake according to the instructions of the package in a 9”x13” pan.
Leave it aside to cool in the same pan.
When cool, cut it into two inch squares.
Mix the milks, vanilla and rum (if using) well and pour over the cake.
Place the cake in the refrigerator until serving time. (The longer it sits, the better it gets. Overnight would be ideal.)

From Susan C. McKernan, Graduate Research Assistant, Preventive & Community Dentistry

I think the most interesting tradition in my family is our New Years’ dinner. We make Hoppin’ John every New Year’s Eve. It’s a traditional southern dish and is supposed to bring prosperity for the coming year. The traditional recipe has rice in it, but we eat the black eyed peas served with collard greens and corn bread instead. There are a lot of stories about where the name of the dish came from, but the peas and greens are meant to symbolize frugality and money.

Hoppin’ John

Here’s how we prepare the peas:

2 cups black-eyed peas (dried)
4 cups water
1 medium onion (chopped)
1/2 teaspoon salt (wait to add this until the beans are done cooking)
1/2 teaspoon pepper
1 t parsley
1/4 teaspoon dried red pepper
1 cup ham (or you can just use a ham bone)

Clean the peas before cooking them. Add all ingredients (except the salt) to a large pot, cover and simmer for 3 to 4 hours until the beans are tender. Salt to taste and add some Tabasco!
Recent Publications


Filling Station Menu
January 10-14, 2011

Monday
BBQ Beef Sandwich & Chips $4.49
Soup du Jour $2.49 / $3.49
Salad Bar, Deli, Pizza, & Paninis

Tuesday
Sloppy Joe Sandwich & Chips $3.79
Soup du Jour $2.49 / $3.49
Salad Bar, Deli, Pizza, & Paninis

Wednesday
BBQ Rib Sandwich & Chips $3.29
Soup du Jour $2.49 / $3.49
Salad Bar, Deli, Pizza, & Paninis

Thursday
Taco Bar!!!!
Pork Tenderloin Sandwich & Chips $ 3.49
Soup du Jour $2.49 / $3.49
Salad Bar, Deli, Pizza, & Paninis

Friday
Mini Beef Steak Burger $1.29
Soup du Jour $2.49 / $3.49
Salad Bar, Deli, Pizza, & Paninis

A Brand New You!

Whoever you were in 2010 does not have to be who you are in 2011. Be a brand new YOU! Create a “bucket list” of things to do for the 2011 year.

Here are some ideas to get started...

- Captain a team for Live Healthy Iowa in my workgroup!
- Take a mini vacation to sightsee and relax at an ocean or lake.
- Find a race in your area to walk or jog and train for it months prior.
- If you are struggling with weight, make a long term weight goal with a plan of how to achieve it.
- Plant a tree, bush or flower in your yard during a warm month.
- Clean your office desk on the first Monday of every month to help keep things tidy.
- Treat yourself to a bubble bath or spa day when life gets stressful.
- Have a picnic in the park with a friend, family member or significant other.
- Learn how to speak a different language.
- Play music or a new instrument.
- Take pictures to capture life’s greatest moments.
- Make a three-course healthy meal for your family or friends.
- Volunteer at a local organization of your choice.
- Meet with a health coach for help to finally quit smoking.
Be Careful What You Wish For!

Santa was at the Hawkeye Oral Surgery clinic in Coralville in early December. Shortly after one of the children told Santa they wanted a fire truck, the fire alarms went off and the Coralville Fire Department arrived on the scene! Fortunately there was no fire, just a faulty switch in a different suite in the building. After the alarms were silenced and things calmed down, all that was left to do was a photo op.

Photo and story contributed by Jane King, OMS.
UI and Palmer College
Jaw Pain Study Invites Participants

People age 21 or older with chronic jaw pain classified as temporomandibular disorder may be eligible to participate in a clinical research study investigating whether the Activator Chiropractic Technique can reduce head and neck pain and the need for prescription pain medications, and improve quality of life.

The collaborative study involves the University of Iowa College of Dentistry, the UI Institute for Clinical and Translational Science's Dental Clinical Research Center, and the Palmer Center for Chiropractic Research at Palmer College of Chiropractic in Davenport.

Study participants will be randomly assigned to one of four different treatment groups. Participation, including follow-up, will last six months and involves examinations and treatment at the UI Dental Clinical Research Center. Participants assigned to chiropractic care will be referred to a private practice in Coralville. All examinations and treatment are provided free of charge.

For more information, contact the UI Dental Clinical Research Center at 319-335-7387 or 319-335-6763.
IN 1997, BRITISH AUTHOR J. K. ROWLING INTRODUCED THE WORLD TO HARRY POTTER. Although a fantasy story, the magic in the Harry Potter books is partially based on Renaissance traditions that played an important role in the development of Western science, including alchemy, astrology, and natural philosophy. This exhibition, using materials from the National Library of Medicine, explores Harry Potter’s world and its roots in Renaissance magic, science, and medicine.
The University of Iowa History of Medicine Society
Invites you to hear:

Gilbert E. Lilly Professor of Diostastic Sciences,
Speak on:

The History of Oral and Maxillofacial Radiology:
Then and Now
Thursday, January 27, 2011, 5:30-6:30
Room 401, Hardin Library for the Health Sciences
Light refreshments will be served

When Professor Roentgen discovered the x-ray in Nov.
1895 his last thought was how this would provide job sec-
urity to the speaker. The first radiology office was Prof.
Roentgen’s own physics laboratory at the Univ. of Würz-
burg, Germany. The first “patient” was his wife Bertha,
who had a radiograph of her hand made. Although some
might say the diagnostic quality left something to be de-
sired, others have said that it was the best hand radiograph
made up to that time. Things changed rapidly.

Over the past 115 years there have been major advances in imaging technique.
Axel will present the historical advances in radiology from a dental perspective.

Upcoming Presentation:
5:30-6:30.

If you are a person with a disability who requires an accommodation in order to participate in this program, please con-
tact Donna Hirst, Hardin Library for the Health Sciences (donna-hirst@uiowa.edu), 335-9154. The UI History of
Medicine Society website is located at: http://hosted.lib.uiowa.edu/histmed/
Well On Our Way (WOOW) is a web-based wellness program from UI Wellness that encourages participants to achieve optimal health through multiple dimensions of wellness. At the end of each month, participants log into the WOOW portal and report the frequency of meeting their health goals to earn points. Points are spent at the Wellness Store, a collaboration between UI Wellness, the University Book Store and Recreational Services. WOOW participants receive a monthly email with new goal ideas and upcoming events.

To Register for WOOW:
Visit www.uiowa.edu/hr/wellness/woow
Login with your HawkID and password

The goal sheet (on opposite side) allows you to keep track your efforts on a daily basis. Here are some examples of goals:

Physical Activity goal:
I will walk 15 minutes, 3 days a week on my lunch break.
I will walk 9,000 steps, 6 days a week.
I will strength train 3 times a week, for 15 minutes.

Nutrition goal:
I will eat 4 fruits and vegetables, 5 days a week.
I will bring my lunch to work, 4 days a week.
I will drink 5 glasses of water, 6 days a week.

Environmental goal:
I will post one inspiring quote each week in my office space/kitchen/bathroom.
I will recycle all plastic that I use, 5 days a week.
I will do office and copy machine stretches, 4 days a week.

Social Health goal:
I will take my lunch break with a friend or co-worker, 3 days a week.
I will volunteer 3 hours a month.

Occupational Development goal:
I will spend 30-60 min each week on professional reading or writing.
I will enroll in a continuing education class, once a semester

Personal Development goal (Spiritual/Intellectual):
I will pray/meditate 10 minutes a day, 5 days a week.
I will learn a new skill, hobby, or exercise activity.

Emotional Health Goal:
I will write in a journal daily for 3 minutes.
I will write a personal, positive affirmation daily.
I will pay my significant other a compliment daily.

Other Wellness goal:
If there are multiple goals in one area that you would like to make additional goals, this is the place to add that goal.

Need help achieving your goals?
A Health Coach can help. For more information visit www.uiowa.edu/liveWELL or contact 353.2973.