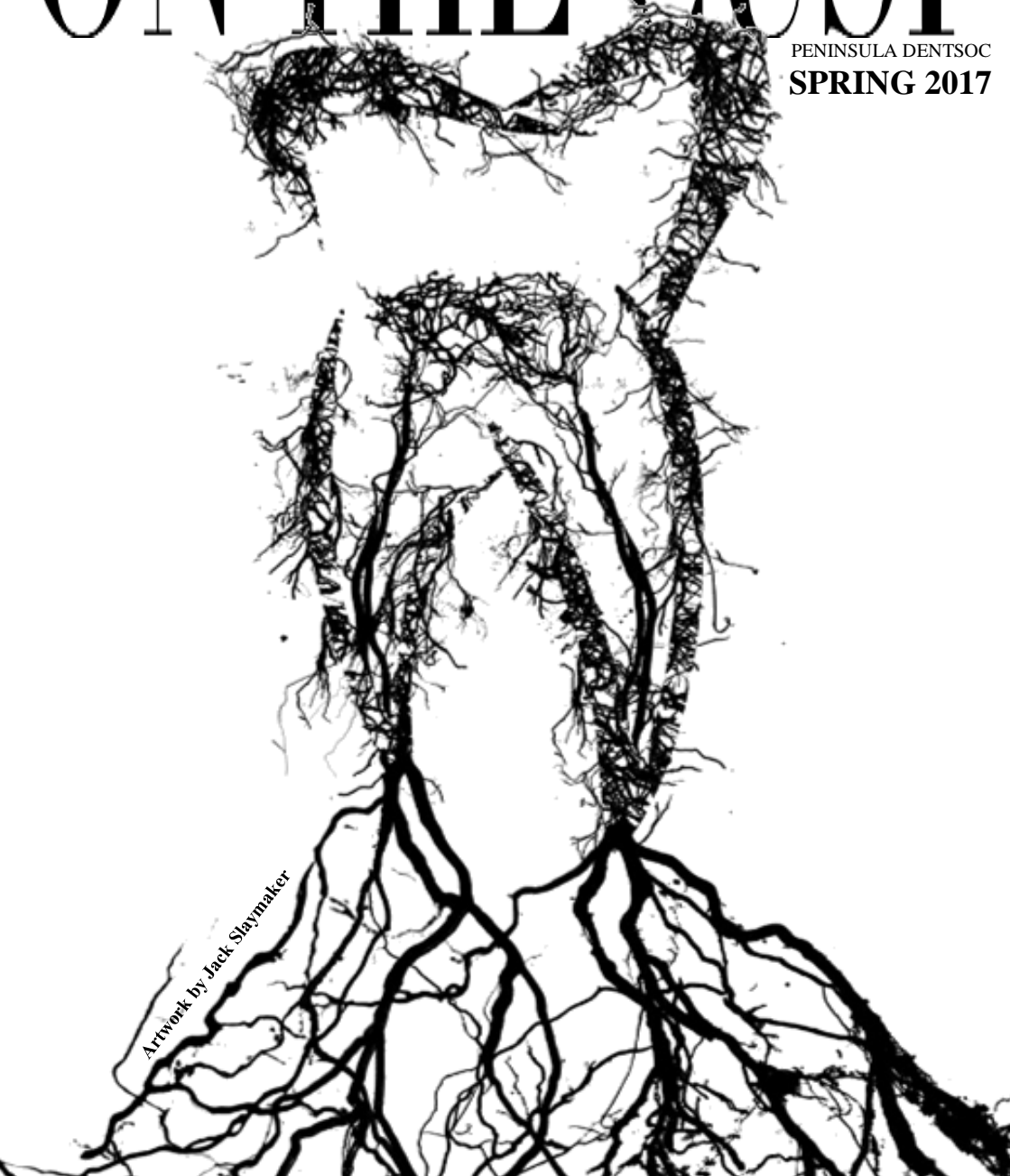


ON THE CUSP

PENINSULA DENTSOC
SPRING 2017

Artwork by Jack Slaymaker



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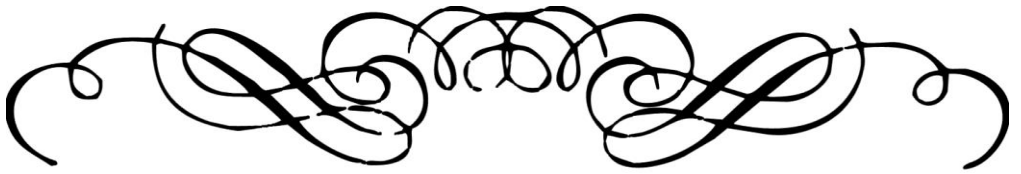
Dental
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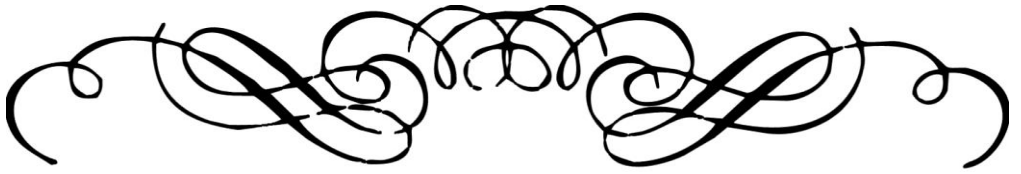
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EDITORIAL

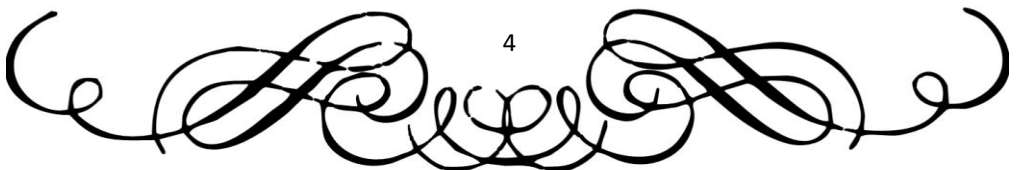
As the time of the current DentSoc committee draws to a close, what better time to highlight the numerous successes of the past year and look back at some of our best memories that don't involve teeth.

This year's issue of OTC brings you a broad spectrum of articles and pieces; covering everything from how to let your creativity subtly (and not so subtly) shine through on clinic, to updates from all corners of DentSoc and beyond.

Happy reading!



Maia Nolan
EDITOR



DentSoc Socials

The Freshers Fortnight was one to remember! We had laid-back EBL bowling, a competitive pub quiz and several crazy fancy dress nights such as the Pyjama Bar Crawl, Cross Dress Bar Crawl (alongside the Medics) and Hawaiian House Party. There were plenty of events made to suit each and every fresher that joined us in 2016.

As MCQ had taken over our lives, we decided to celebrate its end with a DentSoc Christmas Dinner (DRESS CODE – FESTIVE); great food, great company, and as always, great prizes to be won!

If you haven't yet noticed, we love fancy dress! Our most recent night out was the Safari Bar Crawl, and I have to say we outdid ourselves on costumes. David Attenborough would be proud.

Over the next few months we're looking to do loads more events!

We are going to do events to raise money for our 3 charities, such as a fundraising dodgeball tournament, more raffles and a charity football match against the Plymouth Medics team. Following the game against MedSoc there will be a big, joint night out with both DentSoc and MedSoc, where the real competition begins.

We're also going to hold more celebratory nights out after exams, have more house parties and do more activities during the summer term when the weather improves; like BBQs, bar crawls and potential trips to the beach and Plymouth Hoe!

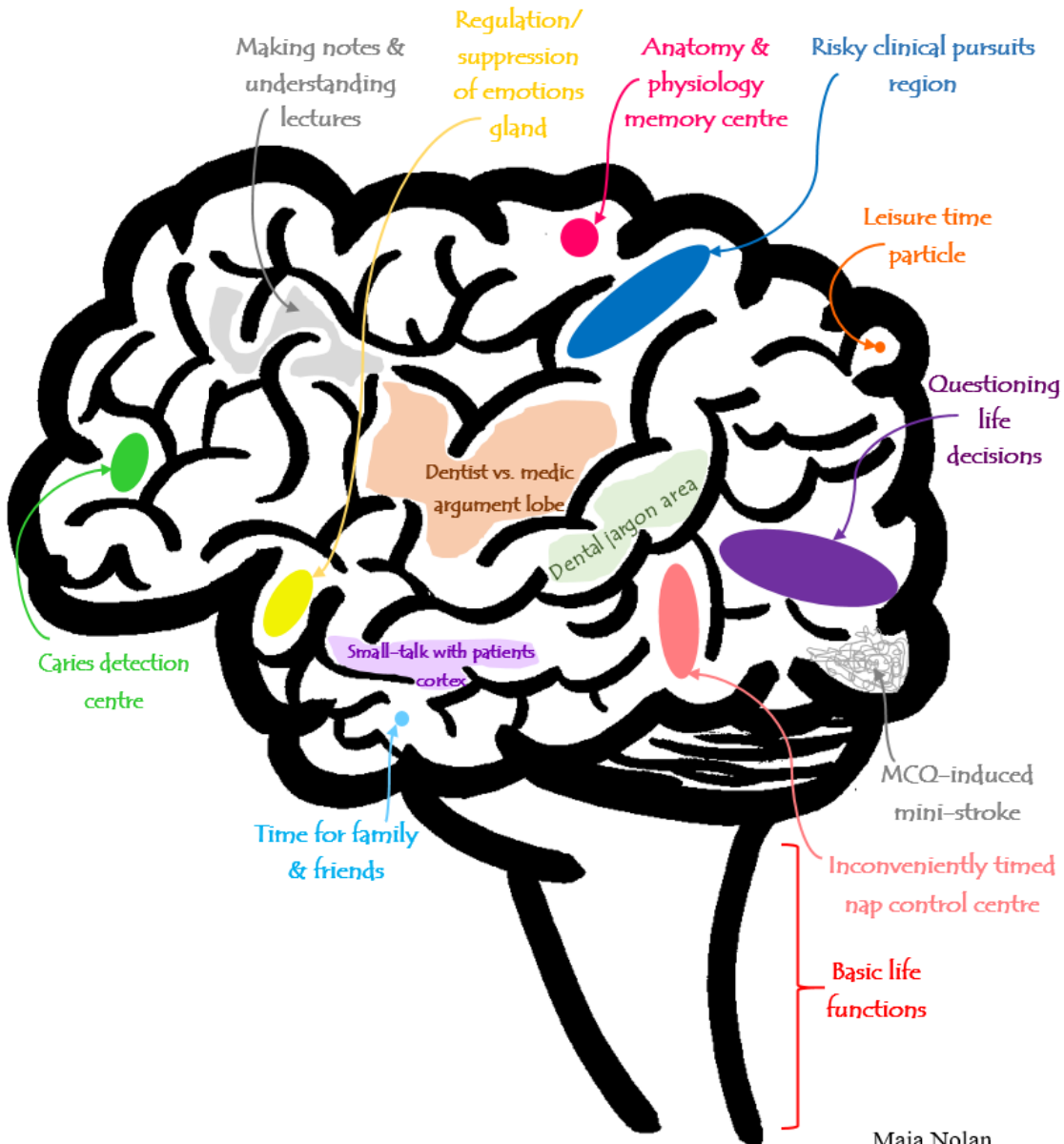
The annual DentSoc Spring Ball is also on the books for this month, which is sure to be a night not to miss!

Tim Moncrief and Komal Chopra





The functional anatomy of a dental student's brain



Maia Nolan

Russ' article

BDSA SPORTS DAY 2016

From the 8th- 10th October 2016, Kings College London hosted the annual BDSA Sports Day. The sports day was held at the iconic Queen Elizabeth Olympic Park and with 2 great night outs in the heart of London (including the infamous fancy dress night out) – it truly was



a weekend to remember. With many students taking part in both Netball and Football during

the Sports day, we were heavily supported by fellow Peninsula students and students from many other universities. The Men's football team played and fought hard but fell short in the finals to Liverpool. The Mixed Netball team played well as a team but unfortunately got knocked out early in the knockout stages.



BDSA CONFERENCE 2017

In March, the annual BDSA Conference was hosted by Bristol University. It was another thoroughly enjoyable weekend but as the name suggests, was very different to the sports day weekend earlier in the academic year! We spent 2 days attending lectures

presented by guest speakers from all over the country who covered a vast range of topics – from maxillofacial surgery, to hypnosis, to specialist training. The conference



was also a great opportunity to “network” and meet dental students in all years from different dental schools. Of course, the weekend would not have been complete without nights out – the first night was the T-shirt night (featuring a terrible pun as always), the next was a “back to the future night” – Peninsula’s



theme was the 80’s! The best was definitely saved ‘til last, as the final night was the much anticipated “Dentists in Wonderland” ball. The committee really pulled out all the stops for the event with fantastic décor, food and entertainment.

Keep your eyes peeled for more news on next year’s Sports Day in Manchester and Conference in Cardiff, and we highly recommend that you attend future BDSA events!

Kusal Subasinghe & Maia Nolan



Sports with DentSoc



PUPSMD is an inter-course hockey team with the medical students and the biomedical students. This year we have had a lot of new freshers from all 3 courses. We've had a couple of great terms with regards to sporting and social events.

We have had a home game against Dutchy hockey club and which we unfortunately lost. We had a tournament in Southampton called TITS which we performed very well at. We also had an inter course hockey tournament which we won all the games. The dental team won the competition and finished unbeaten. We also have a game against Exeter as part of the Exeter-Plymouth derby at the end of February. As well as another tournament NAMS in Liverpool. We finished second in that competition last year so hopefully we can improve on that in future.

Níall Bradley



Russell Hashemi



Nirali Patel

BDA Annual Conference & Exhibition

Manchester – May 2016

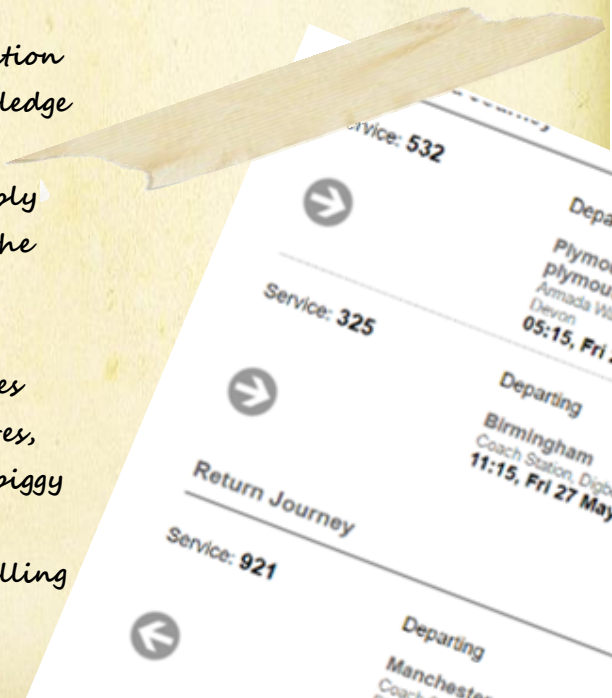


They say the best things in life are free, and this statement definitely applies to the annual BDA conference. I forget whose idea it was to travel all the way to Manchester for some freebies, but in hindsight, they deserve some sort of credit for dragging me along.

The 9-hour coach journey gave us all the time we needed to seriously question this terrible transport decision, and also consider that by arriving for the last day of the 3-day event we may have hugely jeopardised our chances of accumulating worthwhile freebies. Great.

Eventually, 281 miles and many power naps later, we arrived in Manchester and headed for the conference.

After scouring the many exhibition stalls, collecting pearls of knowledge and (more importantly) many freebies as we went, we inevitably reached the difficult point in the day where the freebies we were lugging around were causing physical pain. I'm sure the aches from carrying so many brochures, toothpastes, mouthwashes and piggy banks (???) were the reason for gravitating towards the stalls selling massage equipment.



Naturally, we all spent a little too long using the massage chairs and were almost persuaded to spend the best part of our student loans on one... probably for the better that we decided to vamoose at this point.

Still suffering from freebie-induced pain, there was only one solution to this problem: pit stop for dinner on the way back, and then a much-needed nap at our "luxury" accommodation (that's an eventful story for another time). Once we had recuperated our energy we still had the rest of the bank holiday weekend to explore what Manchester had to offer, day and night.

On a more serious note, I would highly recommend this event to any dental student - in truth, we all learnt a lot at the conference and exhibition, and what better time to go than while you can still get in for free!

Just a word of advice if you do decide to go... pack light because I guarantee that easily 80% of the contents of your suitcase will be mouthwash on your return journey.

Maia Nolan



HAIRSTYLES – CLINIC EDITION

CUTE BUN – LONG HAIR



1) Tie a ponytail



2) Split into thirds



3) Plait the outer thirds and twist the middle one



4) Wrap the middle portion around one of the plaits



5) Keep wrapping around and secure into place with bobby pins



6) Take one plait and wrap it around the whole bun, then push the end of the plait into the centre of the bun and secure



7) Repeat with the other plait and secure ends in place.

CLASSY UPDO – MEDIUM LENGTH HAIR



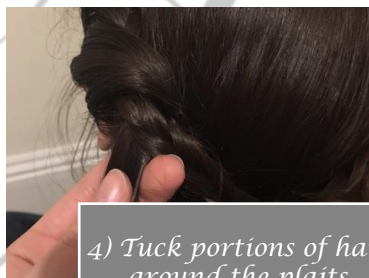
1) *Separate two portions of hair from the rest*



2) *Plait both sections*



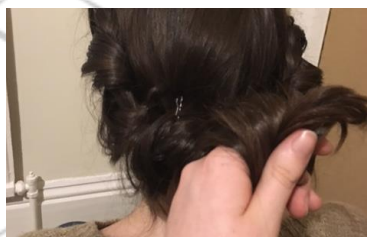
3) *Tie together loosely at the back of the head*



4) *Tuck portions of hair around the plaits*



5) *Keep repeating until all hair is wrapped around the plaits*



6) *Wrap the hair that cannot fit around the plaits around your hand*



7) *Secure this loop of hair over the hairband using bobby pins.*

Customised PPE?

Who said you couldn't get creative with your PPE?

It seems there is a new craze sweeping the dental world – “cute surgical masks” are all the rage but with some selling at £10 a shot, we students need to find a cheaper alternative if we want to keep up with the trend. Here's some ideas of how you can jazz up your PPE on the cheap. Just don't keep your patients waiting in the process.

Nirali gives us some creative inspiration...



Essential tools:

- Sharpies/felt tip pens
- Stencils
- Soft pencil
- Rubber

Dental Debate 2017

HEATS

Where: B4 and B5 PSQ

When: Monday *8th*
May 18:00

WHO: Teams of two
ALL years

HOW: 3 minute rounds



FINAL

Where: Devonport Lecture
Theatre PSQ

When: Monday *15th* May
18:00

WHO: Selected teams
from heats

How: 7 minutes round

Spectators welcome!
FREE FOOD & RAFFLE

WHAT'S IN IT FOR YOU?

- PRIZES!!!

- Name engravement on debate shield
- Presented at the University Awards Evening
- Boost your skill set & CV
- Individual 'Best debator Award'

BONUSES:

- *BDA sponsored and judged*
- *Minimum preparation required*
- *Relaxed atmosphere*
- *Try a new challenge!*

Please return participation forms to Sarah Khabbass (year 2) or Michael Daldry (year 1).



DentSoc Charity Update

Deeja Al-Rashaid

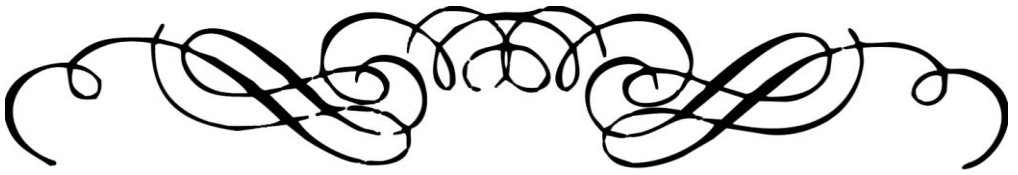
The DentSoc Charity events have been a great success this year. We started the year off with a big donation bank in which students donated unwanted clothes and food to the two charities we selected which were St Luke's Hospice Plymouth and Food Bank Plymouth. The donation boxes were placed in the LSRC and an email sent out to all students of Peninsula Dental and Medical Schools. This was a huge hit with students as it was the end of year and many students were going home for the summer therefore we received more donations than expected. The Events Manager from St.Luke's Hospice came down to collect the donations and was so pleased with the outcome quoting "this is the best donation we've had from a university society".



In addition to this we planned a fun charity based dental family quiz night in which all raffle proceedings went to our 3 charities – St Luke's Hospice, Cleft Lip And Palate Association and the Dental Wellness Trust. This night was held at the Marina Bar in Sutton Harbour Plymouth in which the first year freshers met their dental parents and competed against the other dental families! This is one of the most memorable charity based nights DentSoc hold every year! Money was raised through raffle tickets with a variety of prizes donated from all over Plymouth ranging from supervisors donating books to local restaurants donating vouchers.

We have since managed to raise even more money from other events, for instance at the raffle at the Christmas dinner.

Overall we have managed to raise nearly £300 so far and hope the new committee will continue great charity work with more upcoming events! So keep an eye out and get involved in giving back!



THE LAST WORD

On behalf the entire committee, we would like to thank everyone who has been involved with DentSoc and participated in our events so far this year. The committee have worked consistently very hard behind the scenes, to make sure we delivered on our promise of making this year a memorable one. The turnout for our events has been amazing, and the feedback we received has been overwhelmingly positive. So a big thank you to you all for coming out to see us!

The take-over of the new committee is on the horizon and we look forward to seeing how the society will further develop over the next year.

We wish you all the very best in your studies, and hope to see you soon at future events!



**KAMIL AZIZ &
RUSSELL HASHEMI**
DENTSOC PRESIDENT &
VICE PRESIDENT





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