What is the National Student Research Group?
The National Student Research Group (NSRG) Roseman CODM-SJ Chapter is affiliated with the American Association for Dental Research (AADR). NSRG aims to promote student involvement in dental research and focuses on implementing evidence-based dentistry within the clinic as well as the classroom. NSRG provides support for students who are interested in research and connect them to faculty members who are doing research. NSRG offers a forum for fellow students to connect and communicate research ideas. Moreover, NSRG strives to promote inter-disciplinary advancement of research between professional programs on campus i.e. Dental, Pharmacy, and Nursing.

Free Iron & Chronic Disease: Dr. Richard K. Watt

Andrew Gross, PhD ('18)

A native of Ohio, Dr. Richard K. Watt began his career in academia by first attaining a B.S. in Biochemistry at Brigham Young University. Moving forward, he received a PhD at the University of Wisconsin-Madison in the field of Biochemistry before being offered a post-doctoral position at Princeton University where he continued his studies in the fields of Photosynthesis, Biochemistry, Biophysical Chemistry, and Inorganic Chemistry.

As a tenured faculty at Brigham Young University, Dr. Watt continues to study a variety of topics including the Anemia of Chronic Inflammation, Oxidative Damages in Disease, Iron release from Ferritin, Nano Cage encapsulation, Matrix-Metallo Protease (MMP) activity, and Artificial Photosynthesis.

Graciously accepting the NSRG Roseman Chapter’s invitation to speak at the last general body meeting of the 2014-2015 school year, Dr. Watt spoke of the link of protease inhibition to periodontitis. In being able to successfully inhibit MMP activity, progress is being made for new and novel treatments for advanced periodontal treatment.

During the presentation, Dr. Watt discussed inflammation and oxidative stress and how they contribute to the majority of chronic diseases faced in the medical field today. Closely connecting these different diseases is free iron, a catalyst for producing reactive oxygen species, which results in oxidative stress and the augmentation of inflammation. By looking at chronic diseases from the free iron perspective, we now have a better understanding of how oxidative stress is initiated. This knowledge can furthermore be applied to diseases that have the characteristic of iron dysregulation problems such as Alzheimer’s disease, Parkinson’s disease, periodontitis, and cancer.

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Letter from the Editor
As members of the health sciences community we are constantly trying to preserve and extend the lives of our patients. Research and evidenced based health care is a vital part of this objective, as advances in health care are meant to secure the continuity of life, or in Latin, “Continuum Vitae”. It is our hopes that Continuum Vitae will become a means for students, faculty, and staff to share research that they believe is important. If you are interested in submitting an article, have any questions or comments, please feel free to contact me at kyu@student.roseman.edu. Thank you for reading!

Sincerely,
Kevin Yu, BA, BS ('17)
NSRG Roseman Chapter Editor-in-Chief
Getting to know the Faculty:  
Dr. David Densley

Carlin Cera ('17)

“Dentistry is a profession that requires a person to have an understanding of a large number of subjects, from material science, biology, psychology, and philosophy, to art and beauty, marketing, business, public speaking, time management, finance and many more.”

- Dr. David Densley, D.D.S.

Q1: What brought you to Roseman University, CODM?
While in dental school, I had heard that a dental school was started in South Jordan close to where I grew up. After graduating, completing a GPR, and some time in practice, I found out more about Roseman, in particular the lifelong colleague philosophy and the focus on innovation and lifelong education, it was then I knew I wanted to be part of the Roseman family.

Q2: What is your favorite part of your job?
I enjoy the entire education process. From identifying problems, to brainstorming solutions, to the moments where all the pieces come into focus and a process or topic becomes clear. What I enjoy most is watching and helping others have these moments of clarity and discovery.

Q3: What is the most challenging part of your job?
Sometimes in a learning environment we need to offer or take correction, and at times that correction can be hard to give or take. This is probably one of the more challenging parts of the job.

Q6: Did you always know that you wanted to teach?
I have always been interested in teaching. As an undergrad I was a TA for several years and found great satisfaction in teaching. I have always thought that teaching as a dentist would be something I would enjoy, but did not know when an opportunity to do so would present itself. When I became aware of the opportunity to come here to Roseman, I jumped at the chance.

Q7: Tell me about someone who has influenced your decision to become a dentist. How did you first become interested in pursuing a career in dentistry?
Believe it or not as a kid I always liked going to the dentist. The thing I remember most about my appointments was all the instruments that the dentist used to fix teeth. I don’t know why but the tiny instruments fascinated me. Dentistry is a profession that requires a person to have an understanding of a large number of subjects, from material science, biology, psychology, and philosophy, to art and beauty, marketing, business, public speaking, time management, finance and many more. I like to be challenged, I like to learn, and I like to help people. Dentistry, for me, fit the mold.

Q8: What is it like to be a teacher and also work in private practice?
Private practice and teaching require unique skill sets. However, there are some things they have in common. Keeping calm will always improve outcomes, try to keep a grounded perspective (don’t make things a bigger deal than they are). Properly managing expectations, our own as well as others, can help avoid huge headaches down the road. In short, teaching and private practice have their unique challenges; however both are incredibly rewarding and fulfilling.

Q9: What do you enjoy doing on your days off?
I mostly spend time with family, doing yard work, fixing stuff that breaks, and reading. I also try to find some time throughout the year for a little camping, hiking, CE courses and maybe a short trip or two.

Q10: If you weren’t a dentist, what would you be doing instead, or what would your life be like?
For one thing, I’d have a lot less debt. Doing something in the technology field, 3D printing, software or graphic design, or product manufacturing sounds interesting.

Q11: What is an interesting fact about you?
I was once on the news for selling dirt on eBay.
Getting to know the Students: Radhee Sheth
Lee Mai, MS ('18)

“Research helps students become well rounded and better learned”
- Radhee Sheth, BS ('18)

Q1: What brought you to Roseman University, CODM?
When I came for my interview, I learned about the block system Roseman uses. I really liked this approach to teaching as it matched my style of studying. I also liked the underlying philosophy Roseman University goes by, particularly the lifelong colleague model. The way that everyone helps each other to achieve the same goals is both amazing to see yet also inspiring. This is why I chose to come to Roseman.

Q2: What do you like best about Roseman CODM?
The best thing I like about Roseman is that the professors genuinely care about you. Not only do they take the time to get to know who you are, but they also sometimes stay after hours just to help you with your course work and sim lab work. The faculty here are great!

Q3: Tell me about someone who influenced your decision to become a dentist and how did you first become interested in pursuing a career in dentistry?
I’ve always wanted to try out dentistry. I had already tried everything else: IT, physical therapy, tutoring, I even helped my dad run his business. I am a businesswoman, yet I also wanted to do something that involves using my hands and creating art. Dentistry is a mix of both of those worlds the reason I chose to pursue it.

Q4: What is the most challenging part of being a dental student?
Being far away from home was a big challenge for me, but things can be academically challenging as well. If you surround yourself with positive people, you can get through any challenge.

Q5: What advice would you give to incoming D1’s?
Find a mentor. I had a D2 as a mentor, but it would be beneficial to seek out mentors from the other classes as well. This will help you in getting different perspectives and advice, for how to get through dental school. Finding a faculty mentor is also a nice way to get an understanding of what happens after you’ve graduated.

Q6: Have you participated in research before, and if so what kind of research?
During undergrad, I participated in ecology research. A few construction companies wanted to start building residential property on land that was being used for agriculture. We went out and collected soil samples and found that the soil on said property was rich in nutrients and should be maintained as grounds for cranberry harvest, rather than turned into residential construction. It was a great conservation project.

Q7: What is your opinion on the importance of research in the dental school?
I think research is really important. It would be great for Roseman, being a new school, to have research. It would attract grants and scholarships which would in turn attract more applicants. Research helps students become well-rounded and better learned, especially when it comes to applying for residencies.

Q8: Do you plan on pursuing a dental specialty?
I don’t know. I don’t feel like I can make that decision just yet. I will probably have a better idea once I am a D3 and have had more experience with the different specialties. Right now, I enjoy working on restorative dentistry.

Q9: If you weren’t a dentist, what would you be doing instead, or what would your life be like?
If I wasn’t a dentist, I think I would have started up a charity organization that provides healthcare to the underserved serving the US and foreign countries. Healthcare is really lacking in certain parts of the world, even in our own back yards sometimes.

Q10: What do you do in your free time?
In my free time, I like to rock climb, ski, and read.

Q11: What is an interesting fact about you?
I speak three languages: Gujarati, Hindi, and English. I also have dual citizenship: US and India.
Letter from the President

Hello, my name is Stefanie Wang and I am a third year dental student. I am the President of the National Student Research Group (NSRG) Roseman Chapter for the 2015-16 school year. As such, I am excited to introduce this new organization to the general student body here at Roseman. As a newly founded chapter, our goal is to motivate students to participate in research and help students start their own research projects. We hope to achieve this via workshop and seminar series that will occur during our monthly general body meetings. Meanwhile, we will provide support and offer a platform for fellow students to communicate and collaborate research efforts, not only in the College of Dental Medicine, but also in the College of Pharmacy and College of Nursing.

I strongly believe that with our passionate and dedicated executive board, the first year of NSRG Roseman Chapter will be marked with great success.

Sincerely,
Stefanie Wang, PhD ('17)
NSRG Roseman Chapter President

Introducing the Officers

The executive officers of the NSRG Roseman Chapter for the 2015-16 school year looks forward to bringing you a seminar series focused on introducing hot topics in dental research, a work shop for how to get a research project started, and several speakers to come speak to us throughout the year. The NSRG Regional Conference is in the works and will be coming to Roseman on February 19th and 20th.

For up to date information, visit nsrgroseman.weebly.com.

President-Elect:
Andrew Gross, PhD ('18)
Research interests:
Chronic inflammation in relation to periodontitis, Hyper-methylation of suppressor genes, Pharmacological inhibition of proprotein convertases

Vice President:
Carlin Cera, BS ('17)
Research interests:
Anesthesia, Immunology of periodontal disease

Secretary:
Lee Mai, MS ('18)
Research interests:
Dental materials and biocompatibility, Inflammation in periodontal disease

Treasurer:
Deepika Sharma, BS ('17)
Research interests:
Inflammation in periodontal disease

Editor-in-Chief:
Kevin Yu, BA, BS ('17)
Research interests:
Hearing loss in dentistry, Oral microbiology

Faculty Advisor:
Ryan Jones, DMD
Research interests:
Academic research in the modern era of education

Faculty Advisor:
Shalene Wilcox, PhD
Research interests:
Metabolic pathways and systemic diseases, Inflammation pathway regulation
**What is the National Student Research Group?**

The National Student Research Group (NSRG) Roseman CODM-SJ Chapter is affiliated with the American Association for Dental Research (AADR). NSRG aims to promote student involvement in dental research and focuses on implementing evidence-based dentistry within the clinic as well as the classroom. NSRG provides support for students who are interested in research and connect them to faculty members who are doing research. NSRG offers a forum for fellow students to connect and communicate research ideas. Moreover, NSRG strives to promote inter-disciplinary advancement of research between professional programs on campus i.e. Dental, Pharmacy, and Nursing.

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**Roseman University Dental Student Chosen as Winner of National Research Event**

**Courtesy of the Roseman Blog:**

blog.roseman.edu/?p=2945

The Student Clinicians of the American Dental Association (SCADA) honored Andrew Gross, PhD, a second-year student at Roseman University’s College of Dental Medicine, for his research submitted to the 2015 Student Clinician Research Program (SCRP).

“This award is a great honor for any student in the competition and we are extremely proud of Andrew for his accomplishments,” said Dr. Frank Licari, dean of the College of Dental Medicine-South Jordan. “It is also meaningful for Roseman University because as a developing program people don’t expect our students to be able to compete with students from long-standing and well-established research programs at other dental schools. It speaks to the quality of our students and faculty, and the commitment we have made to excellence in education and research.”

SCADA hosts this program each year to highlight elite-level student dentists who are participating in research at their individual dental schools. This year was the 56th annual event, and there were over 70 student clinicians, representing research from 39 countries, who submitted research for the competition.

First-, second-, and third-place winners were chosen in the categories of Clinical Science/Public Health Research, and Basic Science Research. Gross was chosen as the first-place award winner in the basic science category for his research on chronic periodontitis.

Specifically, Gross’ research looked at the activation and progression of Matrix-Metallo Proteinases (MMPs), which play a role in chronic and aggressive periodontitis.

Chronic periodontitis is the second most prevalent oral health disease affecting 47 percent of adults over the age of 30 and 70 percent of adults over the age of 65 in the U.S. alone.

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*Interviewed by Lee Mai, MS (’18)*

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*Andrew Gross, PhD, at the 2015 ADA/DENTSPLY SCRP Event*
Taking a Look Back

Joel N. Janis, DDS

When I graduated from the University of the Pacific School of Dentistry in 1961 dentistry was quite different than it is today. We are very fortunate to have much improved technology, dental materials, and knowledge to provide preventive and restorative procedures for our patients that did not even seem possible in the 60’s.

In the 60’s and 70’s we were using “cold sterilization” instead of autoclaving hand-pieces and instruments. With the discovery of AIDS in the early 80’s we began to wear gloves, masks and eye protection which is now the profession’s standard of care. The “good old days” were actually not that good for our patients. We owe a lot to those in our profession that dared to think outside the box to conduct research and to pursue ideas to improve things.

I took the opportunity to attend continuing education courses on a regular basis and read several journals to keep up with the new advances. Staying on the cutting edge is absolutely essential for us to give our patients the best treatment that we can offer. If we try something on our own and it works, why not conduct some research to find out why it works and then share it with others by getting it published. This is a philosophy that I have personally followed over the years and will continue to do until I am forced to hang up my hand-piece for the last time. Research and pursuing excellence is definitely the way to go.

—

Roseman University Dental Student Chosen as Winner of National Research Event

_Gross will also explore the possibility of working with researchers from Roseman’s pharmacy program to develop potential treatment options based on the research._

“My project was up against well-funded, well-known labs,” said Gross. “To know that we have done this with a new program, it feels good and helps legitimize Roseman University as a research institution.”

Gross received the award at a reception on November 7 at the Newseum in Washington, D.C. during the ADA’s annual session. As a first-place winner, he also got $750 and a travel package to present his research at the Hinman Dental Meeting in Atlanta, Ga. in March.

The SCRP began in 1959 at the centennial session of the American Dental Association (ADA) in New York City as a way to promote student research and encourage student participation in organized dentistry, and has remained a joint venture between the ADA and DENTSPLY International since that time. Initially it was a simple table clinic presentation where students could demonstrate new techniques, but today it has expanded to include more than 7,000 students participating in clinical and basic science research.

Students who present research at the national level become members of SCADA, which means they may be eligible for fellowship funding that will help support their graduate education. More information about SCADA is available at www.scadaresearch.org.
Roseman University to hold Inaugural Roseman National Student Research Group Regional Conference

Stefanie Wang, PhD ('17)

The first annual Roseman NSRG Regional Conference will be proudly hosted by the National Student Research Group (NSRG) on February 19-20th 2016 at Roseman University College of Dental Medicine. It is a two-day event targeted at promoting student involvement in research at both the pre-doctoral and doctoral levels, and to enrich the student education through research.

The conference will consist of presentations by nationally acclaimed research speakers including Rella Christensen, PhD, RDH (Co-founder of CRA Foundation and the team leader of TRAC Research), and Neil Jessop (Vice President of Research & Development of Ultradent Products, Inc.). Dentists, dental students and pre-dental students will then have the option to choose among various workshops and CE courses offered.

ADEA Networking Reception Night will be hosted by ADEA Roseman Chapter on Friday evening, for all the speakers, faculties, residency program directors and attendees. Richard W. Valachovic, DMD, MPH (President and CEO of ADEA) will be the keynote speaker for the reception. This will serve as a great opportunity for networking and mentorship.

Our poster symposium, which will be held on Saturday, February 20th, is a great opportunity for students to present their research projects and gain valuable feedback from the audience. Presentations, workshops, and CE courses will continue on Saturday, and monetary awards will be given to the winners of the oral/poster presentations.

For up-to-date information about the Roseman NSRG Regional Conference, please visit us at: nsrgroseman.weebly.com/roseman-nsrg-regional-conference

If you are interested in presenting a poster or doing an oral presentation, please submit an abstract to: nsrgroseman.weebly.com/abstract-submission

The deadline for abstract submission is January 15th, 2016.

For further information or questions/concerns please email: nsrgroseman@gmail.com

We look forward to seeing you at the conference!

Sponsors:

Letter from the Editor

As the school year progresses, Roseman’s NSRG Chapter continues to bring in guest speakers to enlighten students with research occurring in the field of dentistry. The Roseman NSRG Regional Conference adds to this by bringing research from across the nation closer together. If you are interested in submitting an article for Continuum Vitae, or have any questions or comments, feel free to contact me at kyu@student.roseman.edu. Thank you for reading!

Sincerely,
Kevin Yu, BA, BS ('17)
NSRG Roseman Chapter Editor-in-Chief
Getting to know the Students: 
Chaz Gibbons

Lee Mai, MS ('18)

“Having research under your belt shows that you are a critical thinker and learner, not just a memorizer of facts.”
- Chaz Gibbons, BS ('18)

Q1: What brought you to Roseman University, CODM?
I really wanted to go to Roseman over University of Utah. I was engaged by the block system and the non-ranking system, and I liked how there wasn’t a competitive atmosphere among the students. I was thrilled about it. I was excited about Friday testing to have weekends off to spend with family. It’s a local school for me and I’d have time to spend with my family.

Q2: How have your experiences at Roseman been so far?
I think my experiences at Roseman have been positive. I’ve learned a lot. I’ve had a lot of exposure to new people and new friends. I’ve had opportunities to get in on the ground floor of different programs. Since Roseman is a new school, it’s constantly changing and I get to be a part of those changes to better the school, whether it’s participating in surveys, interacting with the faculty, or being part of MBA and research programs. It’s also great interacting with classmates and creating a positive culture.

Q3: What are some challenges you face as a student dentist?
Time management is a challenge. Having four children and a wife at home who desperately love me and want me to be around and also doing research, dental school and MBA- this makes time management a top priority. I don’t have too much spare time for all the other fun activities I could be participating in during dental school. I feel a little bit more focused when I’m in class and working after hours.

Q4: Are you involved in any research? If so, what kind of research?
Yes. I’ve worked on a number of projects at BYU and Roseman. I currently work on a project looking at inflammation factors and pathways in diseased periodontal tissue and human gingival fibroblasts. This project was recently accepted to be presented at the AADR Conference this coming March.

Q5: How important is doing research to you and what are your opinions on the oral health research field?
I have a laboratory background; I worked in one for 4 years. I understand how testing of patients can be very personal, but it’s critical. As we do research we can develop technologies and understanding to allow for future testing that can be lifesaving and of critical importance. Oral health research is amazingly open for new R&D. I remember from our microbiology class, we only can grow about 50% of the bacteria that are in the mouth. That means we only know about 50% of the bacteria in the mouth, and there is so much still unknown. The better we understand what's known to us, the more we can focus on demystifying the unknown and move forward towards knowledge applicable to people and resolving their oral health issues.

Q6: Do you plan on pursuing a dental specialty? And is research important in doing so?
In pursuit of a dental specialty, research is one of the most important things you can add to your applications. I’ve heard from my colleagues and a variety of dentists that having background in research is one of the biggest factors residency programs look at. It is something that will set you apart. Having research under your belt shows that you are a critical thinker and learner, not just a memorizer of facts.

At this point, I am interested in endodontics. I know it is competitive but I feel that with my research background, I would have a better chance than without.

“The better we understand what's known to us, the more we can focus on demystifying the unknown and move forward towards knowledge applicable to people and resolving their oral health issues.

Q7: What do you do in your free time outside of school and the research lab?
When I have free time and I’m not spending it with family or friends, I like to read books. Cryptonomicon is the latest book I have read. It’s a pretty entertaining book on technology, information use, and privacy; it’s all about crypotology and encryption.

Q8: What is your spirit animal?
It would have to be the orca whale, AKA the killer whale.