

Your Roadmap to Success in Dentistry

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INTRODUCTION & YEAR ONE



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Congratulations

on being accepted to dental school and welcome to Boston! Whether you are attending BU, Harvard, or Tufts, you have chosen to attend a great institution in a vibrant and historic city. Dentistry is both a challenging and rewarding profession. As you progress through school, the Massachusetts Dental Society (MDS), your professional partner, will be there to help you every step along the way.



ORGANIZED DENTISTRY

Organized dentistry is the combined efforts of all the organizations and individuals that work to positively impact the dental profession. Your membership and support of organized dentistry is critical to the success of the dental profession across the country. Practice management resources, continuing education, and financial services, along with many other benefits become available to you when you participate in this partnership.

Tripartite System

Organized dentistry in Massachusetts is a tripartite system: the American Dental Association (ADA), the Massachusetts Dental Society (MDS), and your local district dental society. Although the three organizations are autonomous, they recognize that they are more powerful working together to provide support to members and protect the best interests of dentistry as a profession.

Membership in this system represents your ongoing commitment to your profession and the growth of the dentistry profession.

- **American Dental Association (ADA) – ada.org**

Founded in 1859, the ADA is the oldest and largest national dental society in the world. The ADA is the leading source of oral health-related information and resources for dentists and their patients. The ADA is committed to oral health, ethics, science, and professional advancement as well as access to oral health care for all Americans.

- **Massachusetts Dental Society (MDS) – massdental.org**

The MDS was founded in 1864 and today has more than 5,000 members. MDS' mission is to improve the oral health of the Commonwealth through member engagement.

- **District Dental Society - massdental.org/districts**

The state is divided geographically into 14 district dental societies that work to support and promote the dental profession in their community, district dental society membership is determined by the location of your primary dental practice.

How do you benefit?

- You will be provided with information and support that is vital to succeeding in the dental profession—from regulatory and compliance updates; to continuing education courses; to social and networking opportunities.
- You gain access to a network of other dental professionals who can offer you career guidance, professional insight and advice, and more.

ETHICS AND PROFESSIONAL CONDUCT

The dental profession holds a special position of trust within society. As such, dentists should always adhere to the highest ethical standards of their profession for the benefit of their patients and the public-at-large.

5 Pillars of Ethics

The Massachusetts Board of Registration in Dentistry (BORID) is the entity responsible for enforcing laws and regulations that govern the practice of dentistry. BORID regulation 234 CMR 5.19 dictates that all dentists licensed by BORID and all practices providing dental services must adhere to the ADA's *Principles of Ethics and Code of Professional Conduct*.

Principles of Ethics and Code of Professional Conduct outlines five pillars that dentists should always keep in mind while practicing dentistry:

1. The dentist has a duty to respect the patient's rights to self-determination and confidentiality.
2. The dentist has a duty to refrain from harming the patient.
3. The dentist has a duty to promote the patient's welfare.
4. The dentist has a duty to treat people fairly.
5. The dentist has a duty to communicate truthfully.

Remember that all acts performed under your license—regardless of whether you own your own practice or work as an associate—are your responsibility and a direct reflection on you. You must always remain mindful that no one person or entity should interfere with your professional judgement.

If you face an ethical dilemma, you may call the ADA's Member Service Center and ask to be connected to the Ethics Hotline at **800.621.8099**. Dentists who call the hotline can explain the issue at hand and then receive a call back from a member of the ADA Council on Ethics, Bylaws, and Judicial Affairs.

MDS members can also reach out to the Member Assistance Center at **800.342.8747, option 5** for help addressing ethical questions and concerns.

**For additional information,
visit massdental.org/ethics**

PERKS OF MDS MEMBERSHIP

The MDS provides member dentists with practice management resources as well as regulatory and compliance support, continuing education opportunities, and political preservation of the dental profession. When dentists become MDS members, they gain invaluable assistance to help them to succeed in dentistry.

In addition to practice management and professional support, the MDS also offers members these special programs and resources:

Member Savings Program

Managing the business side of dentistry can be time-consuming. The MDS Member Savings Program is designed to help you save money, increase office efficiency, and motivate your staff, all while offering exceptional customer service. In order to meet these goals, the MDS has partnered with a variety of companies to offer their products and services to members with special benefits, services, and pricing.

How do you benefit?

- You'll save money through special MDS member pricing for the products and services that dentists need most. All products and services have been vetted by the MDS for your peace of mind.
- You'll save time by finding the services and products that you're looking for right on the Member Savings webpage massdental.org/member-savings

Yankee Dental Congress

The Yankee Dental Congress (Yankee), presented by the MDS, is New England's largest meeting for professionals seeking the best dental continuing education, products, services, and resources.

Yankee is the fifth largest dental meeting in the country, with over 25,000 dental professionals in attendance from around the United States. Yankee is the best source in New England for industry professionals on the cutting-edge of oral health care. Yankee Dental Congress is held yearly during the last weekend in January at the Boston Convention & Exhibition Center. Visit yankeedental.com for more information.



How do you benefit?

- You'll save money on registration and continuing education courses through special MDS member pricing.
- You'll have access to courses and social events that are exclusively for members and have the opportunity to volunteer to be a part of the Yankee team.

PERKS OF MDS MEMBERSHIP

MDS Foundation

The MDS Foundation is the charitable arm of the MDS.

The MDS Foundation is dedicated to directing its charitable resources to improve the oral health of Massachusetts residents. Past projects have included oral cancer screenings, mouthguard programs, Give Kids A Smile day, and free dental care for veterans.



How do you benefit?

- You can help make a positive impact on oral health in Massachusetts by donating to the MDS Foundation.

MDS-PAC



The Massachusetts Dental Society Political Action Committee (MDS-PAC) is an independent, non-partisan, political organization solely dedicated to the advancement of the dental profession. The goal of the MDS-PAC is to take the combined power of dental professionals and channel it into one voice that advocates for dentistry. With your help, the MDS-PAC works to support candidates for elected office, build relationships with politicians, and campaign for or against legislation—all in the best interest of dentistry. MDS-PAC is run by a volunteer Board of Directors and funded by voluntary contributions from MDS members, their families, and staff.

How do you benefit?

- You get to have a voice in the way dentistry is shaped in Massachusetts.
- You will be kept apprised of important legislative developments that may impact your profession.

PERKS OF MDS MEMBERSHIP

Peer Review

If there is a problem between you and one of your patients, the MDS offers a Peer Review Program to resolve disputes. The Peer Review Program is a non-legal, non-punitive process in which the Peer Review Committee works to mediate the situation between you and your patient.

How do you benefit?

- You will save a substantial amount of money by not having to pay legal fees.
- You can avoid potential harm to your reputation.

Member Assistance Center

Dedicated MDS employees are available by phone through the Member Assistance Center (MAC) to offer you information and guidance on a broad range of topics including day-to-day operations, practice management, compliance, employee relations, and state and federal regulations. You can call the MAC at **800.342.8747, option 5** from 8:00 am to 4:00 pm, Monday through Friday, or chat with a representative online at massdental.org

How do you benefit?

- You, and your staff, are able to speak directly to an MDS advisor.
- Your questions are answered quickly and you are given the most up-to-date and professional information.

Health & Wellness Tip

Don't forget about breakfast!

While you may be in a rush to get to morning classes and decide that you'll skip breakfast to save time, eating even a quick meal in the morning will help you start your day off right. Breakfast helps to raise your blood sugar and provides you with essential nutrients to give you more energy to get to class and improve your focus so you're best able to learn and achieve.

Not sure how to make more time for breakfast? Consider setting your morning alarm 15 minutes earlier to give yourself time to eat or try doing meal prep the night before so you can grab your breakfast and eat on the go.

RELATIONSHIP BUILDING

Building positive relationships is a vital component of any career that is centered around service to others—dentistry is all about relationships. As a dentist, you will need to be able to connect with your patients and your staff as well as your peers. It is never too early to begin networking and perfecting your interpersonal skills.

American Student Dental Association (ASDA) – asdanet.org

As a student at BU, Harvard, or Tufts, you're automatically enrolled in ASDA because each of these schools believes strongly in the power of organized dentistry. The three Massachusetts dental schools alongside the University of Connecticut and the University of New England are all proud members of District 1.

ASDA represents 92% of all dental students in the United States with a membership of more than 22,000 dental and pre-dental students.

The MDS works closely with ASDA to provide dental students with various educational and networking opportunities. There are a variety of MDS events that you can attend to learn more about the dental industry and all that organized dentistry has to offer.

You can visit ASDA's website to take advantage of the wealth of information that they provide specifically for dental students.



RELATIONSHIP BUILDING

Lunch and Learns are also hosted by MDS at all three schools throughout the year. Lunch and Learns consist of experienced dentists coming to your school to host an interactive lecture on a hot topic in dentistry. Enjoy a complimentary lunch during the Lunch and Learn program.

In addition to these, MDS offers you online resources at massdental.org. To gain access to the full site, you'll need to log in to your MDS account. If you do not know your log in credentials, call the Member Assistance Center at 800.342.8747, option 5 for assistance. Once you do, you'll be able to view Dental Insight Tips, educational webinars, explanations of laws and regulations, and so much more!

Mentors

Navigating your career, at any stage, can be overwhelming. Find a mentor who will give you honest, yet positive feedback and guidance along the way. During your time in dental school, you will have the opportunity to work with many educators and third and fourth year dental students who can provide you with an experienced perspective on dentistry and the challenges of dental school. These individuals are a great source of advice and support as you progress through your dental education—don't be afraid to reach out and ask them to mentor you!

A mentor should be a more experienced person who always has your best interest at heart and with whom you have open communication. If you have found someone that you would like to have mentor you, you should first approach them about it in-person. Introduce yourself if you don't know them well and tell them about your dental experience as well as what connections, similarities, and interests you have in common. After the initial in-person conversation, you should follow up with your mentor via email or phone.

RELATIONSHIP BUILDING

Yankee Dental Congress - yankeedental.com

Attending Yankee Dental Congress (Yankee) as a dental student is a great opportunity to connect with other students and dental professionals. You can explore the show floor to see the new and emerging technologies, network with exhibitors and speakers, and attend complimentary classes. The classes offer the chance to learn about everything from implant dentistry to how to go about opening a practice. There is also a Student Day on Saturday that has events specifically for dental students. These events include a debate featuring teams from all of the ASDA District 1 schools and a reception where you can meet and chat with fellow dental students from across New England.

Registration for Yankee is free to students, as are many continuing education courses. Learn more at yankeedental.com



EXCEPTIONAL OPPORTUNITIES FOR DENTAL STUDENTS

- Attend Yankee Dental Congress **FREE** of charge
- Network with peers at events on Student Day Saturday, featuring the ASDA District 1 Debate - yankeedental.com/student-day
- Choose from a select list of tuition courses to attend for **FREE**
- Participate in numerous **DISCOUNTED** and **FREE** courses offered on New Dentist Day - yankeedental.com/new-dentist
- Meet 450+ Exhibitors showcasing new products, discussing evolving trends, and conducting product demonstrations
- Kick back and mingle at one of Yankee's many receptions