



CHRONICLE MONTHLY

OCTOBER 2020: VOLUME 15, EDITION 15



REMINDERS

⇒ STUDENT OF THE YEAR AND
CHAPTER OF THE YEAR
AWARD NOMINATIONS
OPEN NOW!

CONTACT

aawdchronicle@gmail.com

[@womendentists](https://www.instagram.com/womendentists)

www.aawd.org



Hey Lady Dentist!

The American Association of Women Dentists recognizes and understands the challenges facing our members, and we are working tirelessly on your behalf. We recognize the hardship that COVID-19 may have imposed on both your personal and professional lives.

As a *big thank you* to our members, we want to discount your renewal price for 2020!

- **As a current member who has renewed within the last year, we want to give you an additional THREE MONTHS of membership free!**

And if you *just renewed* your membership, this discount can still apply to you! Simply call our National Office at (800) 920-2293 or email us at: membership@aawd.org, and we'll get your membership updated.

It couldn't be easier - [just click here to renew!](#)

WE WANT TO THANK ALL OUR MEMBERS

RENEW TODAY AND SAVE

How to perform a monthly self breast exam:



In the shower:

Use the pads of your fingers to move around the entire breast and armpit area. Feel for any lumps, thickening, or hardened knots. Repeat on the other side.

In front of a mirror:

Standing with your arms at your sides, visually inspect your breasts looking for any lumps or changes. Then lift your arms high over your head and look for any changes in contour, swelling or nipple changes. Last rest your hands on your hips and press firmly to flex your chest muscles. Examine for any dimpling or changes, especially unilaterally.



Lying down:

Lie down with a pillow under your right shoulder and place your right arm above your head. With your left hand, move the pads of your fingers around your breast and armpit in a gentle circular motion. Then squeeze the nipple to check for any abnormal discharge. Repeat on the other side.



Self-breast exams are important for you to understand your body and be the first to detect any abnormal changes. However, mammograms are just as crucial for breast cancer prevention. Cancer screening through mammograms is important for early detection, so ask your doctor when the best time is to start getting your mammogram procedure.



MEMBER SPOTLIGHT

Dr. Tawana Lee Ware is a Clinical Assistant Professor of Pediatric Dentistry at Indiana University School of Dentistry, where she was selected as an Outstanding Woman Faculty Leader in 2018. She served as Chair of the dental school's Curriculum and Assessment Committee (for three years).

In 2019, she was appointed as a representative to serve with 12 other nationwide faculty to the American Dental Education Association (ADEA) Collaborative on Dental Education Climate Assessment, charged with exploring issues of diversity, equity, inclusion and wellness throughout the U.S. and Canada. Dr. Ware also serves as Secretary of the ADEA Section on Minority Affairs, Diversity and Inclusion. She also served as the Chair of the ADEA Section on Pediatric Dentistry.

Her leadership in organized dentistry includes serving nationally in organized dentistry as the second African-American president of American Association of Women Dentist (AAWD). Her crowning contribution as the 93rd AAWD president was partnering with the ADA, ADEA, and NDA to host the inaugural AAWD Advocacy Day on the Hill. The theme was, *Impact of Women in Dentistry* with members, students, and business allies making over 100 visits to congress. Participants passed out their exclusively designed Hill Day USB commemorative keepsake throughout congress. The USB loaded with information about AAWD and oral health initiatives was well received by congress and their staffers much to the delight of the organization..

Dr. Lee-Ware an ADA Institute for Diversity in Leadership (IDL) graduate, and has given national presentations at ADEA, ADA annual session, and other forums addressing DEI topics. Currently, Dr. Ware is a member of the ADA Diversity and Inclusion Committee. Dr. Lee-Ware also serves as a trustee and Secretary of the Gillette Hayden Memorial Foundation. She has been elected into the fellowship of both the American College of Dentist and International College of Dentists. Dr. Lee-Ware is a Consultant for AAL and a rotational instructor for the Institute for Teaching and Learning (ITL). Outside of Dentistry, she is on the executive committee of the Agnes Scott College Board of Trustees. In that role, she contributes with leading the college as we shoulder the responsibility of cultivating young adult women through a critical time of development. On September 6th, she moderated the Agnes Scott College Courageous Conversations series with four African American women leaders - addressing the challenges of race and self-care. We discussed the impacts of the pandemic for women leaders facing the world in the duplicity of their roles as African-American and women.

She is active in several dental professional associations including: Omicron Kappa Upsilon national dental Honor Society, American Academy of Pediatric Dentistry, American Dental Education Association, and the American Association of Women Dentists. Dr. Lee-Ware received the Dr. Bessie Delany Woman Dentist award from the NDA/Colgate Palmolive Inc. and AAPD Master Clinician Scholar award. She has had several publications and been a featured speaker at various venues including the ADA Annual Meeting, the Chicago Midwinter Meeting, and the ADEA Annual Meeting. Her primary research interest is to investigate impediments and solutions for oral health disparities in the pediatric and perinatal populations

Dr. Ware earned the Doctor of Dental Surgery (D.D.S.) degree from Meharry Medical College, where her journey into academia began in December of 2012 at Meharry Medical College. While there, she served as the President of the Faculty Council and OKU at Meharry Medical. As a result of those roles, Dr. Ware was chosen to become a member of the CODA site visit Steering committee and worked closely on CODA standards. She is actively working part-time private practice at Special Smiles Pediatric Dentistry. She earned both a Certificate in Pediatric Dentistry and Master of Science in Dentistry from Indiana University School of Dentistry. She also graduated from Agnes Scott College with a BA in Biology.



More questions?

Email info@aawd.org

Our website has
been updated!

RENEW NOW AND SAVE!

CHECK OUT THESE GREAT
MEMBERSHIP DISCOUNTS!

Renew Now!

thank you

Sharon Gordon	Cheryl Cable	Lisa White	Linda Kaste	Abigail Beckerdite	Kendalyn Lutz-Craver	Tawana Ware
Tracy Boldry	Lindsey Robinson	Samantha Whitten	Mariya Lelikova	Angela Barrett	Amatullah Mamajiwala	Brittany Gehlhausen
Jacinthe Paquette	Sharon Pollick	Skylar McGaughey	Caroline Witik	Stacey Robinson	Julianne Doctor	Briana Joy Travis
Courtney Ethington	Jill Burns	Priyanka Shrestha	Joan Sivers	Elise Ziegenhorn	Kelli Gutter	Camellia Mirkazemi
Vasiliki Maseli	P. Gay Baughman	Erica Schroer	Hannah Ehreth	Lauren Massey-Williams	Cathy Hung	Amanda Kotis
Terri Pukanich	Devon Allison	Jeremy James	Jamie Howard	Christa Hopp	Alexandria Thompson	Sheri Brownstein
Elena Hernandez-Kucey	Kristen Urban	Jasjit Singh	Isis Sikainga	Andrea Benitez	Laura Hagerty	Keysra Washington
Reena Talwar	Alaa Qari	Maryse Manasse	Alexis Chauhan	Meredith Wolf	Brooklynn White	Laura Callan
Marisol Seys	Caroline Mikaloff	Neamat Hassan Hassan	Emily Kiner	Gulshreen Singh	Kellie Hurst	Stephanie Souza
Taylor Lamb	Aalieyah Billings	Samantha Calderon	Nazneen Baig	Cissy Furusho	Dana Hong	Claire Cinder
Katelyn Hanner	melissa parra	Macy Huettl	Tanisha Moore	Jill Tyler	Karin Irani	Addison Vitols
Judith Belitz	Bridgit Morris	Cheryl Brunelle	Jennifer Hasslen	Barbara Mousel	Tiffany Wang	Valeria Linera
Jennifer Mihalopulos	Stephanie Spitznagel	Carol Wong	Courtney Day	Kaitlin Carlson	Wilmory Santiago-Ramos	Lauren Elmlad
Judith Fisch	Maha Khaden	Amy Dobrozdravic	Gi Ppeum Lee	Tina Siu	Claire Weesner	Angelyn Rosenberger
Jessica Massie	Mary Contreras	Patricia Blanton	Mary Hayes	Kennedy Duddleston	Ilana Dashut	Angela Vilamonh
Rachel N. Jahraus	Vishakha Ravindra Choudhari	Kristen Marie Hilo	Carla Webb	Lynne Thomas	Allison Mark	Nahid Shahry
Brittany Mailloux	Patricia Nihill	Arlene Perry-Wright	Joyce Barbour	Jordan Hubbard	Eileen McGowan	Nigist Tadesse
Kimberly Alfano	Kathryne Feng	Kasey Schock	Jennifer Ha	Jessica Jackson	Hannah Dilday	Ha Nguyen
Susan Bordenave-Bishop	Fransisca Meralus	Lorraine Hanna	Kelsey Garza	Sharon Colvin	Shelia Price	Anchita Venkatesh
Janee Stanley	CyVanie Ramkelawan	Gail Schupak	Joy Kirkpatrick	Melissa Shotell	Lauren Metzger	Josephine Carapezza
Misty Shelton	Makayla Myles	Donna Kalil	Aye Myat	Ronni Schnell	Luisana Pagán	Kristen Lehner
Kelly OKeefe	Christina Adame	Anastasia Zagordo	Julia Khatibzadeh	Tanessa Talaski	Lesleyann Splagounias	Lilia Larin
Julia Margol	Caroline Brown	Shelby Cummings	Saumya Goel	Daniela Naumovski	Emily Cody	Wendy Woodall
Elizabeth Ramos	Sonia Chong	Hemali Ajmera	Lauren Aguilar	Katrina Leslie-Puhuyaoma	Megan Maher	Jessica Taylor
Jacqueline Cresswell	Kelli Creel	Carolyn Kelly-Mueller	Deborah Liu	Sara Chehreh	Jessica Leonard	Susan Rieken
Deborah Tung	Nojood Elbaage	Olga Malukova	Nadia Drabick	Renee Joskow	Priya Patel	Donna Rachuba
Cheryl Billingsley	Madeline Hart	Eva Ackley	Brittany Bergeron	Paulina Wisniewska	Celine Das	Gabrielle Gutierrez
Kasey-Kalei Tamashiro	Kara Hegwood	Linda Niessen	Grace Chang	Megan Frassrand	Kimberly Groff	Xandria Perman
Ifueko Obadiaru	Thien Ho	Lauren Wilson	Jessica Nguyen	Gilda Ferguson	Neda Mousavi	Katarina Rosich
Ambriel Weatherly	Vicky Hua	Elisa Mello	Irene Marron-Tarrazzi	Loeta Robles	Naimeh Issa	Kapiolani Wisler
Patrice Price	Andrea Le	Ethel Esianor-Mitchual	Lois Jackson	Elizabeth Nesmith	Hannah Voelker	Meghan Hodder
Mariella Dragon	An Ly	Jane Estes Tindol	Maria Correa	Jill Bussey	Mayra Camacho	Rhoda Sword
Racine Ramanand	Connor Marshall	Victoria Tindol	Jeannie Binder	Alexandra Metzger	Jiang Xiangxiang	Monica Liang
Nnyeko Griffiths	Monica Montgomery	Joanna Cornelius	Maxine Feinberg	Caroline Roti	Rachael Conaboy	Katie McCreesh
Edith Lu	Kristi Morris	Cheryl Lee	Winna Gorham	Michele Bhagwagar	Auva Ravanpey	Sarah Stewart
Shawna Dudovitz	Jennifer Nguyen	Joyce Wei	Amber-Lee Whitelock	Karyl Patten	Stephanie Govea	Renae Smith
Alexandra Brown	Tina Pham	Caitlyn Menicucci	Terah Shelby	Rachael Parker	Zunera Naeem	Karessa Kuntz
Angela Coleman	Celia Rathmell	Cherae Farmer-Dixon	Gwen Cohen-Brown	Takeisha Presson	Eliana Betzios	
Karen Nam	Hannah Reed	Jordan Noble	Mary Chang	Mariacecilia Smithlanatta	Leslie Winston	
Elizabeth Nava	Chelsea Reid	Melanie Whalen	Jessica Hilburg	Claudia Pinera-Rodriguez	Cecilia Tran	
Melissa Morawski	Anna Stell	Tiffanie Brown	Nourah Abdul Kader	Ashlei Cameron	Tracy Tran	
	Cassidy Taylor	Susan Nimmo	Haley Gouchenour	Sara Karner	Stacey Van Scoyoc	

March-October 2020 Renewals: Thank you for renewing your membership during this difficult time!