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Greater New York Dental Meeting – Writing Assignment

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**Part I:**

Greater New York Dental Meeting occurs annually, and it is the biggest dental meeting held in New York City. Dental professionals from all over the country and the world, gather together in order to attend this event. This year, in 2019, the 95th Greater New York Dental Meeting was held at Jacob K. Javits Convention Center. As a dental hygiene freshman student of The New York City College of Technology, I had the privilege of attending the biggest dental event of the year. At the convention there was a variety of technical exhibits, demonstrating the latest dental technologies. In addition, popular dental supply companies were present and they demonstrated their products. Also, dental students from different college of the country made sure to present research posters on several topics, all based on their hard work and dedication to the dental field.

The research posters that I had seen were all very well organized and were uniquely introduced to the audience. Presenters were prepared and very structured when explaining and going into detail about the topics of their posters. Seeing how professional and knowledgeable the presenters were, made the entire experience extremely rewarding and beneficial to my education as a dental hygiene student. Out of all the posters that I viewed, there was one that caught my attention the most. Poster #16 presented by Zoe Stern, Nicky Joe Ly, Liling Zhang from the New York City College of Technology on the topic “Green Tea and Its Effects on Oral Health,” was visually appealing, and appropriate to the entire convention because it showed the presenters’ communication skills about the topic, their depth of knowledge and most importantly, the relevance of the topic to dental hygiene. I found this poster to be the most interesting, and I felt that this poster was worthy of receiving the prize of first place.

Poster #16, which focused on the topic of: “Green Tea and Its Effects on Oral Health,” had the most attractive appearance. The presenters made the poster visually extraordinary because they highlighted the important subtitles with a beautiful and calming natural green color. They also included very detailed and self-explanatory pictures. These pictures supported the text, and made the idea of the research topic seem more interesting and easier to understand. The illustrations were educational and included a lot of additional information on the related topic. Additionally, the black text on the poster, and the naturally green highlights balanced each other extremely well because the whole appearance of the poster and the size of the text made it easy to read and understand the poster, even from a distance. Overall, the poster was very clear and well organized.

The presenters of poster #16, went into depth about their topic not only did they explain what green tea is, when it was discovered, how green tea is made, its health promoting effects of antioxidants content, as well as the types of green tea. On the poster presenters have showed the audience benefits, risks and antimicrobial effects of green tea. The poster included a picture that illustrated the amount of antioxidants in different types of green tea one of which is matcha tea. It was shown that one cup of matcha tea has as many antioxidants as ten cups of brewed green tea. I find this information very interesting simply because I have never thought that several types of green tea will contain different amounts of antioxidants. According to the information displayed on the poster every sip of matcha tea delivers a big dose of antioxidants. Antioxidants

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benefits the overall oral health by decreasing the chances of various oral diseases including but not limited to gingivitis, dental caries, oral malignancy, periodontitis and halitosis. Including the mentioned benefits green tea also has an ability to reduce inflammation, prevent bone resorption and limit bacterial growth. Since green tea has a very beneficial effect on oral health presenters have emphasized the audiences that consuming green tea alone, “. . . is not enough to maintain optimal oral health.”. As promoters of oral health, we the dental hygiene professionals have an important role in educating the patients that regular dental checkups and cleaning is required to maintain optimal oral health.

Additionally, the presents of the poster had illustrated different types of dental products that contain green tea. Patients have a big selection of products on the market including mouthwash, toothpaste, toothbrushes, mints, lozenges, chewing gum and string floss. They have also demonstrated some products within their research.

Poster was not only visually well organized but also was professionally presented by the presenters. Liling Zhang, the presenter was very professional in her communication skills. She was very friendly and welcoming throughout her speech, she explained the topic in a very understandable manner to the audiences and kept her voice loud enough to hear. She had asked if anybody had any questions and had answered in details to those that were asked. The presenters were very knowledgeable on her topic and was very confident in every word she said. Another reason why this poster stood up to me was the energy that was given to the audience by the presenters. You could clearly see how proud they are to stand there and present their topic.

The use of green tea impacts a person’s dental hygiene. The catechins that are found within green tea work against the effects of periodontitis, which is a common disease that many people deal with. Periodontitis is a serious gum infection that can damage the soft tissue and then destroys the bone that supports a person’s tooth. This microorganism has host defense mechanisms. The green tea catechins inhibit the growth of P. gingivalis, Prevotella Intermedia and Prevotellanigrescens which relates to a person’s dental hygiene. Green tea catechins also do not allow the adherence of P. gingivalis onto the buccal epithelial cells. When there are adherence of P. gingivalisonto the buccal epithelial cells, this could lead to active periodontitis. Therefore, green tea is another preventive measure that people can use to reduce the risk of periodontitis. Green tea also reduces the signs and symptoms of periodontitis which therefore promotes optimal oral health.

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**Part II:**

References

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**Part III:**

My experience at the Greater New York Dental Meeting was very exciting, educational, and overall, an extraordinary experience. This was my first time attending such a big convention, with such a sustainable group of people who all share a common interest and passion about the field of dentistry. I would have never thought that the field of dentistry was so immensely diverse. It was so exciting to see the latest technologies available to all dental professionals, and it was even more fun because I was able to try some of them out. The products that were presented by the dental supply companies at this convention, made the field of dentistry look like a piece of art: beautiful, delicate, and modern. Seeing these new materials and supplies, made me realize how intelligent and creative people truly are, in order to be able to come up with such brilliant inventions and technologies.

Attending the Greater New York Dental Meeting was educational. I had the privilege of meeting many experienced dental professional, and listen to their stories of success. Interacting with such educated people made me realize my true potential in the field of dentistry. In addition, I also thought that the posters I viewed at this convention were all educational because they described many different research topics. The presenters that spoke about their posters were also extremely knowledgeable and passionate about their field of study, such as the presenters of poster #13. All in all, the entire convention was such a rewarding experience. I hope that one day in the future, I myself will be demonstrating my new inventions, or talking about my success, and passion for the field of dentistry at the Greater New York Dental Meeting.