



ARMY DENTISTS DENTISTS FIND LESS PAPERWORK AND MORE CASE DIVERSITY HELP REDUCE OCCUPATIONAL STRESS

Practicing dentistry today is not for the faint of heart. Very few medical specialties deal as closely with the “mental” aspect of patient care as dentists do on a daily basis. Coupled with the stress of running a practice—high debt, low reimbursements and the operational challenges of running a business—as well as keeping up to date on the latest technology and treatment options, it is quite easy for dentists to find themselves in a state of *professional burn-out*.¹

This is why many dentists find the U.S. Army Health Care Team an attractive alternative to the private sector. Practicing on the U.S. Army Health Care Team allows dentists to focus on patient care first, without the pressures of managing an operation that can make their career more stressful. Plus, a U.S. Army Medical Department career offers dentists more case diversity, more access to new technologies and opportunities to expand their specialties. In fact, a U.S. Army Health Care Team career solves many of the concerns dentists face today.

MORE VARIETY CASE DIVERSITY PROMOTES TRUE CAREER GROWTH.

Army dentists have the opportunity to learn new procedures, enjoy more case diversity and work with top professionals from across the country. You will be surrounded by highly skilled professionals, some of whom are leading authorities in their fields, and benefit from the combined knowledge of these dental teams.

According to Maj. Kendall Mower, who regularly reports on his cases at the blog ArmyStrongStories.com², the potential for expanding your dental skills and experience is tremendous. “A lot of what you experience is what you make of it. I have enjoyed my time as a dentist, and the range of procedures I can do. I do get asked frequently about cosmetic dentistry in the Army, especially from those considering a career move. Procedures such

as veneers, minor orthodontic movement, composite bonding, crowns and even facial surgery do happen for cosmetic reasons. Personally I have done all of these (except the facial surgery) as part of my practice.”

The Army Dental Corps also offers unique opportunities to broaden your perspective and enjoy new, exciting cultures through travel. You could work in many locations within the United States, as well as overseas. The Army maintains up-to-date dental clinics in countries like Belgium, Germany, Italy, Korea and Japan. They also support humanitarian missions around the world.

For the last five years, a group of dental residents has embarked on a humanitarian mission to Honduras to provide dental care for children in Tegucigalpa, the capital city, where poor nutrition, a lack of water fluoridation and little access to dental care often result in early development of dental caries and poor overall oral health from an early age.



"In my opinion, the experience the residents gain from these missions is unparalleled," says Lt. Col. Manuel Marién Jr., D.D.S., Chief of Pediatric Dentistry at Fort Hood, Texas, and leader of the mission's multinational team. "There is no replacement for experience that combines training, dental education, humanitarian service, challenging dental cases and collaboration with peers across borders."

IMPRESSIVE TECHNOLOGY

ACCESS TO HIGHLY ADVANCED TECHNOLOGY HELPS YOU BE YOUR PROFESSIONAL BEST.

The Walter Reed Army Institute of Research, in collaboration with private industry, has researched and developed a hand-held, portable, battery-powered X-ray unit with computed radiographic capability. Using the unit, X-ray pictures can be made anywhere without film and Soldiers are exposed to less radiation. In addition, X-ray images can be transmitted to specialists for diagnostics.

"The United States Army Dental Corps commits itself to continuously rolling out the latest, most clinically effective technological advances in the field of dentistry," says Col. Robert G. Hale, D.D.S., Commander of U.S. Army Dental and Trauma Research Detachment. "By providing the highest tier of equipment and training to our service members, we continue to evolve and emerge as superior providers of dental care."

In the area of general dentistry, Digital Enterprise Viewing and Acquisition Application software, which is being incorporated into U.S. Army dental clinics worldwide, enables dentists to manipulate digital images for enhanced diagnostic viewing. The software also allows for digital radiograph reporting and acquisition through the Army's central image archive, enabling dentists to more effectively treat and diagnose conditions.

For dentists who enjoy the challenge of learning and mastering advanced technologies, the Army Dental Corps offers [a career that's on the leading edge](#).

UNPARALLELED TRAINING

KEEP YOUR SKILLS AT THEIR BEST THROUGH PROGRAMS THAT ARE SECOND TO NONE.

The Army Dental Corps emphasizes dentistry as a complete health care system. Nearly all dentists who make the Army a career receive specialty training. That's why we pioneered an Advanced Education in General Dentistry 24-month program (Comprehensive Dentistry). We also offer experienced dental officers specialty residences in endodontics, periodontics, prosthodontics and a number of other specialty areas.

To keep skills sharp, all Army Dental Corps officers are encouraged to attend at least one professional dental meeting each year, at government expense, and are exposed to ongoing professional education and clinical rotation programs.

Dental students benefit from the Army Dental Corps' commitment to continuous training as well. For those currently attending an accredited dental school, or are applying to or have been accepted by an accredited dental school, the Health Professions Scholarship Program (HPSP) offers a unique opportunity to defray the cost of their education. This program permits selected students to be commissioned as officers in the Army Reserve. While completing school, tuition and certain other expenses will also be paid by the government. Plus, much like their experienced colleagues, new graduates also have the opportunity to garner diverse clinical experiences and advanced training at the graduate level through the Advanced Education in General Dentistry program.

Maj. Christine Cerar works at Fort Bragg, North Carolina, where she is an endodontic resident. "The Army was critical in funding part of my education. The Health Professions Scholarship Program (HPSP) actually paid me while I was in school, so I didn't go into debt," she says.

"We have a state-of-the-art facility. It's phenomenal—just to train eight residents," notes Major Cerar. "Each resident has their own dental assistant. In the private sector, that environment just doesn't exist. I'm spoiled, actually. It's been a career highlight."

ARMY DENTAL CORPS



U.S. ARMY
ARMY STRONG®

OUTSTANDING BENEFITS

EXPECT SATISFACTION, SUPPORT AND SECURITY,
NOW AND IN THE FUTURE.

The U.S. Army Health Care Team offers many rewards. As an officer in the Army Dental Corps, you'll have the opportunity to serve your country by caring for the men and women who protect and defend our nation. You'll also have the satisfaction of practicing dentistry the way it was meant to be—without the stress associated with starting up or maintaining a practice, establishing a patient base, malpractice insurance premiums, hiring a staff or purchasing equipment. The finest resources—both people and equipment—will be provided for you.

You'll also be able to take advantage of a number of excellent financial incentives, such as:

- **Health Professionals Loan Repayment (HPLR) program** - Earn up to \$120,000 to pay dental school debt.
- **Dental Officer Accession Bonus** - A sign-on bonus of \$75,000 paid in a lump sum at your first duty station. Dental students in their final year may apply for this bonus.
- **Dental Officer Multi-Year Retention Bonus (DOMRB)** - Based on your specialty and length of contract, bonuses can range from \$13,000 to \$50,000 each year.
- **Board Certification Pay (BCP)** - Eligibility for board-certified dentists is based on length of service and annual rates.
- **Variable Special Pay** - Paid in monthly increments, this program provides \$3,000 to \$12,000 per year, based on length of service and annual rates.



Plus, U.S. Army dentists will be eligible for attractive retirement benefits after 20 years of qualifying service.

Whether you are an experienced dentist or just beginning your studies in the dental field, it pays—on many levels—to explore a future with the U.S. Army Health Care Team. [Click here to learn more about becoming an Army dentist.](#)

1. *Stress, burnout, anxiety and depression among dentists*; Robert E. Rada, D.D.S., M.B.A. and Charmaine Johnson-Leong, B.D.S., M.B.A.; <http://jada.ada.org/cgi/content/full/135/6/788>

2. Army Strong Stories: <http://armystrongstories.com/blogger/kendall-mower/what-influences-procedures-you-can-do-as-a-dentist/#comments>