



Dr. Jennifer Buela

What is your area of interest in Public Health Dentistry?

My primary area of interest in Public Health Dentistry lies in preventive dentistry. Preventive dentistry is a fundamental pillar of oral health that emphasizes the importance of ongoing care to prevent dental diseases. It incorporates a variety of practices, including regular dental check-ups, professional cleanings, fluoride treatments, and patient education about proper oral hygiene habits. This proactive approach aims to identify and manage potential dental issues before they escalate into serious conditions, thereby reducing the need

for extensive treatments. Beyond its immediate benefits, preventive dentistry also has long-term implications for general health, as numerous systemic diseases have been linked to oral health conditions. By fostering an early and consistent focus on prevention, we can help individuals maintain a healthy mouth throughout their life, contributing to their overall wellbeing.

Why is epidemiology of oral diseases your area of interest?

The old adage, "Prevention is better than cure," resonates deeply with me, and I believe it is particularly pertinent when it comes to oral health. The beauty of preventive dentistry is in its capacity for long-term impact; by empowering individuals with the knowledge and tools to maintain their oral health, we can potentially avoid a multitude of dental diseases. The ripple effect of this approach extends beyond the individual, impacting entire communities, and ultimately shaping a healthier society. The profound satisfaction I derive from knowing that my efforts today can save someone from pain or complications in the future makes preventive dentistry not just a field of interest, but a rewarding passion for me.

How did you get interested in this area?

My interest in preventive dentistry traces back to my school days when I had a strong desire to provide health services to people. It was a calling that seemed to resonate with my core values, but it was during my undergraduate studies that I truly got to experience the gratification of practicing it. I was introduced to the nuances of preventive dentistry and was captivated by its long-term, transformative impact on individuals and communities. As I



embark on my postgraduate journey, I intend to refine my skills and deepen my understanding of this field. I see this as a window to expand my expertise and fuel my passion further. Looking ahead, I am intrigued by the prospect of conducting research in preventive dentistry. It's an opportunity to contribute to the knowledge pool, develop innovative preventive strategies, and truly make a difference in the landscape of oral health.

What do you intend to do in this area of interest?

In the future, when I have the privilege of owning a clinic, I plan to focus primarily on preventive dentistry. I am deeply moved by the potential of this approach to democratize oral health services, making them accessible and affordable for more people, particularly those from low socio-economic classes. I envision my clinic as a beacon of preventive care, where we don't just treat conditions, but actively work towards preventing them. With preventive measures typically being more cost-effective than extensive treatments, I can ensure that oral health doesn't remain a privilege of the few but becomes a right for all. My ultimate goal is to create a health-conscious community where people are empowered with the knowledge and resources to maintain their oral health, thereby driving down the incidence of dental diseases and uplifting the overall health of the community.

What are your other areas of interest?

Another realm that profoundly fascinates me is research methodology and biostatistics. The allure lies in the rigorous approach these disciplines bring to the understanding and interpretation of complex health data. Research methodology provides a solid framework for designing robust studies, ensuring that the research we conduct is not only scientifically sound but also ethically responsible. On the other hand, biostatistics is the powerful tool that allows us to draw meaningful conclusions from our research data, illuminating patterns and relationships that might otherwise remain hidden. Together, these disciplines form the backbone of evidence-based practice in public health, enabling us to translate research into practical interventions. My interest in these areas is driven by my curiosity to unravel the hidden stories in data and my commitment to high-quality, impactful research.