

# Lara Seidman

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## Education

University of Maryland School of Dentistry  
Doctor of Dental Surgery, 2018

Overall GPA: 3.93; Magna cum laude

University of Maryland, Baltimore County (UMBC)  
BS in Biological Sciences, Minor in Art History, 2014

Overall GPA: 4.00; Summa cum laude

## Honors

Omicron Kappa Upsilon 2018

Admission is based on scholarship and character and is determined by annual election by active members. Up to 12% of the class is selected from the academic upper 20% of the class.

Diamond Scholar 2017-18

One of four dental students selected to work in the Advanced Education in General Dentistry (AEGD) clinic. Through an ambitious clinical training program, diamond scholars perform nearly twice as many dental procedures as a typical fourth-year dental student.

Leonard Rapoport'47 Memorial Prize in Pharmacology 2017

Presented to a student who has displayed outstanding academic achievement in pharmacology related to dentistry or craniofacial/oral science.

Feature Journal Article - Bronze Award 2017

Bronze Award for Feature Article in the Association Media & Publishing's EXCEL Awards. Article: Seidman LM, Eckenrode KN, Bloom IT, Bashirelahi N. What every dentist should know about coffee. *General Dentistry*. 2016 Jul/Aug.

Gamma Pi Delta Prosthodontic Honor Society 2017

Founded at Baltimore College of Dental Surgery (BCDS) in 1965 as an honorary organization based on scholarship in prosthodontic and operative dentistry courses. The mission of the group is to advance members' knowledge of complex prosthodontic cases and procedures beyond the scope of the undergraduate curriculum.

Gorgas Odontological Honor Society 2017

Founded at BCDS in 1915 as a student dental organization and later became an honorary dental society. The society is comprised of junior and senior dental students whose scholastic performance has placed them in the top third of their class.

Phi Beta Kappa Honor Society 2014

Founded in 1776, Phi Beta Kappa is the oldest academic honor society in the United States. Selection based on academic excellence in the liberal arts and scholarly breadth.

Phi Kappa Phi Honor Society 2012

Founded in 1897, Phi Kappa Phi was created to recognize excellence in all academic disciplines. Undergraduate juniors in the top 7.5% of their class were selected.

Outstanding Graduating Senior in Biological Sciences 2014

Awarded at the Ninth Annual College of Natural and Mathematical Sciences (CNMS) Student Recognition Day.

Meyerhoff Scholar 2010-2014

Founded in 1988, the Meyerhoff Scholarship program was created to increase diversity among future leaders in science, engineering, and related fields. Participants are awarded full-tuition scholarships.

## Publications

Seidman LM, Brooks JK, Bashirelahi N. Botulinum toxin: review of applications for the head and neck. *General Dentistry*. [In Print].

Seidman LM, Aichelmann-Reidy ME, Bashirelahi N. What every dentist should know about statins. *General Dentistry*. 2017 Sept/Oct.

Seidman LM, Tordik PA, Bashirelahi N. What every dentist should know about opioids. *General Dentistry*. 2017 Jan/Feb.

Seidman LM, Eckenrode KN, Bloom IT, Bashirelahi N. What every dentist should know about coffee. *General Dentistry*. 2016 Jul/Aug.

## Professional Affiliations

American Academy of Cosmetic Dentistry (AACD); 2017

Alpha Omega (AO) Dental Fraternity; 2015

American Dental Association (ADA/ASDA); 2014

Academy of General Dentistry (AGD); 2014

## Work Experience

General Practice Resident, New York Presbyterian-Weill Cornell 07/2018-06/2019

- General dental resident (PGY-1) with training in general dentistry, pediatric dentistry, oral surgery, internal medicine, emergency medicine, and anesthesia
- Partnership and rotation with Memorial Sloan Kettering for training in dental oncology

Library Research and Course Materials Assistant, UMSOD 08/2015-05/2018

- Work-study position with Dr. Nasir Bashirelahi at the University of Maryland School of Dentistry
- Assisted with the development of course materials for graduate level Nutrition, Cell and Microbiology, General Pathology, and Oral Pathology
- Conducted literature reviews and wrote review articles on topics relevant to dentistry and nutrition

Tutor, UMBC Chemistry Tutorial Center 08/2012-05/2014

- Led weekly group sessions teaching Introductory and Organic Chemistry classes

## Research Experience

University of Maryland School of Dentistry

05/2015-08/2016

- Mentor: Dr. Abraham Schneider
- Studied the role of hyperglycemia in the progression of potentially malignant oral dysplastic lesions
- Experience with cell culture and protein analysis

Université de Lausanne, Switzerland

05/2013-08/2013

- Mentor: Dr. Winship Herr
- Studied the role of Host Cell Factor 1, a common cell proliferation factor, in liver development
- Performed animal dissections, protein analysis, immunohistochemistry, as well as data analysis and interpretation

University of Maryland School of Dentistry

02/2013-05/2013

- Mentor: Dr. Abraham Schneider
- Studied anti-diabetic biguanides as a potential treatment for oral cancer
- Experience with cell culture and protein analysis

University of Maryland Baltimore County (UMBC)

10/2011-02/2012

- Mentor: Dr. Thomas Cronin
- Isolated and sequenced visual pigments of *Grus americana* (Whooping Crane) and extraocular visual pigments of *Sepia officinalis* (Cuttlefish)
- Experience in molecular biology and sequencing techniques, including RNA extraction, PCRs, gel electrophoresis and gene cloning

Medical University of South Carolina

05/2011-08/2011; 05/2012-08/2012

- Mentor: Dr. Bärbel Rohrer
- Studied the role of the effect of estrogen on photoreceptor cell damage in mice and the alternative complement pathway in a smoke model of Age-Related Macular Degeneration (AMD)
- Performed live animal research and dissections, including intraperitoneal injections, electroretinography tests, optical coherence tomography imaging and image analysis, optokinetic response tests, histological photoreceptor studies, as well as data analysis and interpretation

## Extracurricular Activities

Chapter President, Gamma Pi Delta Prosthodontic Honor Society

05/2017-05/2018

Organized dinner lectures, meetings with local dental laboratories, and new member recruitment.

“Esthetic Dentistry”

01/2017-02-2017

Enrolled in elective course, “Esthetic Dentistry,” taught by Dr. David Mazza.

Admissions Committee Member

08/2016-05/2018

Interviewed prospective dental students and lead tours of the University of Maryland.

Alpha Omega Dental Fraternity 08/2015-Present  
Professional Jewish dental fraternity and the oldest international dental fraternity. Served as University of Maryland chapter social chair from 05/2016-05/2018.

UMB Council for Arts & Culture 05/2015-05/2016  
General member of council focused on introducing the arts to a health and science-focused graduate school campus.

## Service Activities

Smiles for Success, Dental Provider 08/2016-05/2018  
Offers cost-free dental care to women graduates of accredited job readiness and placement programs or other community-based agencies.

Good Deeds Day 04/2017  
Volunteered with Alpha Omega Dental Fraternity through the Jewish Volunteer Connection.

Mission of Mercy 08/2014; 09/2016  
Non-profit organization that provides cost-free dental care to underserved populations. Worked as provider in 2016 and as dental assistant in 2014.

Physiology Course Tutor 02/2016-05/2016  
Tutored dental students in physiology, specifically on renal physiology.

Maryland Homeless Resource Day 04/2016  
Provided free oral screenings, oral hygiene instructions, and toothbrushes.

Moveable Feast 04/2015, 10/2016  
Assisted in meal preparation for individuals suffering from HIV/AIDS, breast cancer, and those afflicted with terminal illness.