

VIDEO 3:

A Tough Look at Dentistry & Motherhood with Monira Uddin

A Bit About Monira:

Monira Uddin graduated from SUNY Buffalo with a degree in Dental Science. She did a one year general residency and has been in private practice ever since. She currently lives in the Atlanta suburbs with her husband and two children. Her hobbies include photography, blogging, and hiking. You can check out her blog at www.hijabimommyblog.com.

Words of Advice from Monira:

As a hijabi Muslim woman, I do love what I do as a dentist. However, I'd like to share a few realistic points to consider when considering the profession. My goal is to offer an honest look at the field:

1. **Don't do it for the money!**

There are some dentists who are millionaires but the majority are not. We graduate with a heavy debt load and you'll be lucky to break 6 figures in the beginning. Six figure salaries are not much once you realize 40% goes to tax. We are paid on commission usually and you won't be fast enough in the beginning.

2. **Be prepared for things out of your control.**

You also need to know how to prepare for a smooth day. There will always be different variables out of your control and you need to be able to manage them smoothly so that your schedule stays on track. For example - insurance reimbursement is still a headache & they haven't changed much in the last few decades.. Yet, our costs keep going up.

3. Examine your skills honestly & see if this is the field for you.

Hard questions I think are important to ask yourself are the following:

- *Are you :*
 - *an entrepreneur?*
 - *a good manager/ leader?*
 - *A people person?*
 - *organized?*
 - *patient?*
 - *able to work with various different personalities?*
 - *comfortable working on men at a close proximity?*
 - *comfortable with germs in general?*
 - *good with your hands?*
- *Consider how your physical state is.*
 - *This is a very physical job so ask yourself- how is your back?
How is your neck?*
 - *You will need to make sure you eat healthy, workout, and take care of yourself for longevity.*

These are all some unique questions and points that are not taught in dental school.

4. Dental School.

As a dental student, be prepared to take all the same classes as med students & head to the dental lab to work or go to dental lectures. It's important to note that you will have twice the work load that they do.

5. Sick Days/ Paid Leave/ Work from Home Policies

A few important notes on this as well :

- *There is no work from home in dentistry.*
- *We don't really get paid vacation/ sick pay like most professions*
- *Most jobs don't have benefits*

Conclusion:

I hope this helps you girls trying to see if dentistry is for you! My aim is not to discourage young girls from pursuing dentistry! Rather, I hope to give advice on things I was not aware of when I pursued the profession.

Of course the profession has a lot of positives as well. From having your own hours to being a great field for women overall - I do recommend this career for young women.

Please feel free to reach out to me if you have any questions.

Resources

- Monira recommends the below resource for a tough, real look on dentistry.
 - <https://studentloanhero.com/featured/dental-school-debt-worth-it/>

Thanks for reading! We hope this helped you guys.

Much Love,

the Headed Somewear Team

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