

Audio file

[Bloney Detection - Season 3 - Episode 46 - Interview with Dr. Elliott Humiston DDS.mp3](#)

Transcript

00:00:00 Dr. K.

Welcome back to Bologna Detection with Dr.

00:00:02 Dr. K.

K.

00:00:02 Dr. K.

I have a very special guest with me today, a former student, a dentist, and a podcaster of his own, which we'll mention probably at the end of our time here.

00:00:14 Dr. K.

So Dr.

00:00:15 Dr. K.

Elliot Hummiston, who has gone through a very sort of extensive and detailed and complex journey, which we'll share a little bit.

00:00:25 Dr. K.

But his practice is Taylor Drive Dental Care in Sheboygan.

00:00:30 Dr. K.

He received his BS from Wisconsin, Milwaukee in chemistry, master of medical physiology from the Medical College of Wisconsin, and then got his DDS from Indiana University, which is a place that I've been to.

00:00:46 Dr. K.

And if you like 70s style architecture,

00:00:53 Dr. K.

It definitely a place you should look at.

00:00:54 Dr. K.

But Indiana is not the most exciting place in the world.

00:00:58 Dr. K.

I've been there a couple of conferences.

00:01:00 Dr. K.

So Elliot, welcome and thank you for being here and being willing to do this.

00:01:05 Dr. K.

I know you were busy.

00:01:07 Dr. K.

You've got a wife and a couple of dogs and a kid on the way and your own practice.

00:01:12 Dr. K.

So tell us a little bit about where kind of where you started with your college journey.

00:01:21 Dr. Elliott Humiston

Man.

00:01:22 Dr. Elliott Humiston

Well, thanks for having me on.

00:01:23 Dr. Elliott Humiston

This is quite the treat.

00:01:25 Dr. Elliott Humiston

I'm just going to let everyone know that you were one of my favorite professors I've ever had.

00:01:31 Dr. Elliott Humiston

So you really had a positive impact on me.

00:01:34 Dr. Elliott Humiston

So I'm really excited to do this.

00:01:38 Dr. Elliott Humiston

Education.

00:01:40 Dr. Elliott Humiston

So I was probably ready to go to college my junior year of high school.

00:01:46 Dr. Elliott Humiston

And then

00:01:47 Dr. Elliott Humiston

life things happen during the senior year, which made me unprepared.

00:01:53 Dr. Elliott Humiston

And I went to Southern Utah University for one year and quickly dropped out.

00:01:59 Dr. Elliott Humiston

That was in 2007 to 2008.

00:02:04 Dr. Elliott Humiston

After that, I kind of bounced in and out of UW Sheboygan, as you probably remember.

00:02:12 Dr. Elliott Humiston

And I just wasn't ready to commit back to school.

00:02:16 Dr. Elliott Humiston

There were other things in my life I wanted to do.

00:02:20 Dr. Elliott Humiston

I think I was really finding myself at that time.

00:02:23 Dr. Elliott Humiston

I was playing music and playing shows on the weekends, traveling a lot, and just really discovering what I wanted to do with the rest of my life because it was in my head that maybe I wanted to be a musician.

00:02:37 Dr. Elliott Humiston

But dentistry was always kind of the main plan.

00:02:40 Dr. Elliott Humiston

And I realized after about three or four years of that, I wasn't very good and it wasn't going to happen.

00:02:49 Dr. Elliott Humiston

And I had achieved about pretty much what I wanted to achieve.

00:02:53 Dr. Elliott Humiston

So when I got married to Des in 2012, I was much more focused on returning to school.

00:03:02 Dr. Elliott Humiston

And I think you probably remember that I did kind of come back and

00:03:07 Dr. Elliott Humiston

went from a C student to an A student pretty quickly.

00:03:11 Dr. K.

Yeah, there was, there was, there was definitely a better, a bigger confidence there and a drive that it was, it was, it was, you were really a kind of a different person.

00:03:23 Dr. K.

You were a very driven person.

00:03:25 Dr. K.

Like, as the cliché goes, the light clicked on.

00:03:29 Dr. Elliott Humiston

Yeah.

00:03:30 Dr. K.

Now, there was one thing that I remember you told me, you did some volunteer dentistry with your dad.

00:03:36 Dr. Elliott Humiston

I did.

00:03:36 Dr. K.

Was that before you came back or was it sort of after you came back?

00:03:41 Dr. Elliott Humiston

So I'm trying to remember the exact year we went.

00:03:45 Dr. Elliott Humiston

It was probably 2008, 2009 when I went the first time.

00:03:51 Dr. Elliott Humiston

And that's when I like, I had it in my head that I wanted to go into dentistry since like eighth grade.

00:03:57 Dr. Elliott Humiston

Partly because I knew I wanted to probably go into medical of some sort.

00:04:00 Dr. Elliott Humiston

Like that's, I seem to handle like high stress situations at the moment very well.

00:04:08 Dr. Elliott Humiston

And I thought that strength would be good for a profession like that.

00:04:13 Dr. Elliott Humiston

And I'll just be honest, I wanted the financial security.

00:04:17 Speaker 3

Yeah, I get it.

00:04:19 Dr. Elliott Humiston

So like I was terrified of turning 18 when I was 14 because I like it clicked in my head of like,

00:04:25 Dr. Elliott Humiston

I'm going to have to take care of myself someday.

00:04:29 Dr. Elliott Humiston

So I went on my first trip.

00:04:32 Dr. Elliott Humiston

We did some restorative work on a front tooth on a young woman.

00:04:36 Dr. Elliott Humiston

And I was like, yeah, that's it.

00:04:37 Dr. Elliott Humiston

That's what I want to do.

00:04:40 Dr. Elliott Humiston

If music doesn't work out, and I knew it wouldn't.

00:04:44 Dr. Elliott Humiston

I don't want to sound like I was completely delusional here, but I

00:04:51 Dr. Elliott Humiston

I knew I wanted to go into dentistry.

00:04:53 Dr. Elliott Humiston

I probably went one more time, if not twice more before I started back up because I've been there a total of five or six times now.

00:05:05 Dr. Elliott Humiston

I'm not great with that timeline, but yeah, we were there.

00:05:10 Dr. Elliott Humiston

We saw like it was on my

00:05:14 Dr. Elliott Humiston

My personal statement for dental school of like watching that smile change and seeing the face change just by doing something so simple as repairing a broken front tooth that I was like, okay, that's what I want to do.

00:05:28 Dr. Elliott Humiston

Like it just hit me really hard and has stuck with me ever since.

00:05:33 Dr. K.

I remember you talking about it at the time and how much it was a transformative experience for you.

00:05:39 Dr. K.

That's why I remember it now, because like that conversation sticks in my brain, and you came back.

00:05:46 Dr. K.

I mean, I'm skipping ahead just a little bit, but like you came back to talk to my students pre-pandemic, like later on in the 2010s once, maybe twice.

00:05:58 Dr. K.

And I know you shared that at the time, it was like a big part of your experience.

00:06:04 Dr. Elliott Humiston

So 100% just formative just in general.

00:06:08 Dr. Elliott Humiston

The first time I was there, I got accidentally stuck with a needle that had been in a patient in the highest HIV rate area in the world at the time.

00:06:17 Dr. Elliott Humiston

And the medication and the trauma of that experience

00:06:21 Dr. Elliott Humiston

made me question whether I could do it.

00:06:24 Dr. Elliott Humiston

So I ended up having to force myself to go back about two years later to get over that.

00:06:30 Dr. Elliott Humiston

And that's really when it went from like, hey, this first patient, I want to do this to a really traumatic experience to going, I know it's still what I want to do, but I need to face that.

00:06:40 Dr. Elliott Humiston

So yeah, I would definitely say those trips have been extremely

00:06:45 Dr. Elliott Humiston

formative for me.

00:06:46 Dr. Elliott Humiston

I've been going back with Desiree a couple years ago as a dentist for the first time was just like, it was like the perfect bookend.

00:06:55 Dr. Elliott Humiston

I'd like to go again soon, but I'm a practice owner now.

00:07:00 Dr. Elliott Humiston

I'm not an associate.

00:07:01 Dr. Elliott Humiston

So it's different.

00:07:03 Dr. K.

So how did you how did you transition from, you know, all of the sort of the varying pieces that came before going back to Sheboygan and then going to Milwaukee?

00:07:12 Dr. K.

Like, how did how did you turn your previous experience into that sort of drive and and and how like you picked chemistry, you know, based on your degree and.

00:07:25 Dr. Elliott Humiston

Yeah, a double degree.

00:07:27 Dr. K.

Yeah.

00:07:27 Dr. K.

I mean, that's that's it felt like at the time you were adding extra challenge to yourself.

00:07:33 Dr. K.

Do you think that was the case?

00:07:35 Dr. Elliott Humiston

I really, really struggle with when someone tells me I probably can't do something.

00:07:44 Dr. Elliott Humiston

And maybe it's the punk rock metal kid still alive in my head here.

00:07:51 Dr. Elliott Humiston

Maybe it's the dominant personality in ADD.

00:07:53 Dr. Elliott Humiston

But I don't like to sit still on anything.

00:08:00 Dr. Elliott Humiston

And I

00:08:03 Dr. Elliott Humiston

I'm getting better about it, but I kind of attack every challenge with a baseball bat, I always say.

00:08:11 Dr. Elliott Humiston

So when I was at UW Sheboygan with you, I, like, I don't, like, you can agree or disagree with this, but I did really well with organic chemistry at the point that people were mad at me for screwing up the curve.

00:08:30 Dr. Elliott Humiston

And

00:08:31 Dr. Elliott Humiston

I remember like getting ready for the final exam and just reading the book from the ACS on pushing hydrogen.

00:08:38 Dr. Elliott Humiston

And I was like, all of these things make sense now.

00:08:42 Dr. Elliott Humiston

I need to know like 6 rules and I can figure out half of this.

00:08:46 Dr. Elliott Humiston

So I kind of look for hacks to get through the difficult parts, I always say.

00:08:53 Dr. Elliott Humiston

So at that point I was like, you know, chemistry is probably where I want to go.

00:08:56 Dr. Elliott Humiston

I really enjoyed chemistry lab.

00:08:59 Dr. Elliott Humiston

I knew if I was going to get through a degree, it couldn't be rote memorization because I'm terrible at it.

00:09:06 Dr. Elliott Humiston

I knew that math or chemistry was probably the way to go because it's about learning rules and mechanisms and applying them.

00:09:14 Dr. Elliott Humiston

So when I was getting ready to transfer out of UW Sheboygan, I was thinking Madison or Milwaukee and I was too late to apply to Madison.

00:09:27 Dr. Elliott Humiston

Okay.

00:09:29 Dr. Elliott Humiston

And I don't know if I would have gotten in because I had bounced in and out so many times.

00:09:34 Dr. Elliott Humiston

I think I had to retake like six or seven classes to get rid of apps on my transcript.

00:09:38 Dr. Elliott Humiston

So I went to Milwaukee and that's the year they got the tier one research institute.

00:09:46 Dr. Elliott Humiston

I think so I'm like, I mean, from a research perspective, I'm at the same school.

00:09:50 Dr. Elliott Humiston

So what does it matter?

00:09:51 Dr. Elliott Humiston

That's when Des fell in love with chemistry more than I did.

00:09:58 Dr. Elliott Humiston

We both loved physical chemistry and inorganic quite a bit.

00:10:05 Dr. Elliott Humiston

Neither of us loved biochemistry, though it's such a big part of my job.

00:10:11 Dr. Elliott Humiston

So there was three routes you could take in getting a chemistry degree.

00:10:15 Dr. Elliott Humiston

You could get a basic chemistry degree.

00:10:18 Dr. Elliott Humiston

You could get

00:10:19 Dr. Elliott Humiston

the ACS degree, which was like, you're going to be a chemist.

00:10:25 Dr. Elliott Humiston

Or you could get the chemistry, biochemistry dual degree, which is frustrating because they didn't give me two diplomas and I earned 2 degrees.

00:10:36 Dr. Elliott Humiston

But I knew biochemistry would be more applicable to my professional life.

00:10:39 Dr. Elliott Humiston

So I went that route.

00:10:41 Dr. Elliott Humiston

It was only a couple extra classes and a couple extra bio courses.

00:10:45 Dr. Elliott Humiston

which would have, I knew would help me in the end.

00:10:47 Dr. Elliott Humiston

So I just followed that path.

00:10:49 Dr. Elliott Humiston

Yeah.

00:10:50 Dr. K.

So then, in terms of, medical school or dentistry school, obviously the bar is pretty high.

00:10:57 Dr. K.

You have to take the exams and whatnot.

00:11:00 Dr. K.

So how did you

00:11:04 Dr. K.

When you were going through that decision and going, getting to a graduate school or a medical decision is really, really big.

00:11:10 Dr. K.

It's very, very stressful.

00:11:11 Dr. K.

I mean, it was for me.

00:11:13 Dr. K.

How ultimately did you pick Indiana as a place to go?

00:11:17 Dr. Elliott Humiston

It's actually really simple.

00:11:18 Dr. Elliott Humiston

It was the 1st place that said yes, that wasn't terrible.

00:11:23 Dr. Elliott Humiston

So I think when I was getting ready to leave UW Sheboygan, I took the DAT, which is the entrance exam for the first time and I scored okay.

00:11:32 Dr. Elliott Humiston

But I hadn't finished a true biochemistry course.

00:11:35 Dr. Elliott Humiston

I had taken the nursing biochemistry course at the time.

00:11:39 Dr. Elliott Humiston

And I got like a 19.

00:11:41 Dr. Elliott Humiston

I think the highest you can get is a 30 or something like that.

00:11:44 Dr. Elliott Humiston

I can't remember.

00:11:48 Dr. Elliott Humiston

And I think I got my first set of interviews that year and I only interviewed at Marquette and got waitlisted.

00:11:55 Dr. Elliott Humiston

And I was, you know, I was like, it's okay.

00:11:57 Dr. Elliott Humiston

I applied for early admission.

00:11:59 Dr. Elliott Humiston

It won't be a big deal.

00:12:01 Dr. Elliott Humiston

And then

00:12:02 Dr. Elliott Humiston

I took it, no, I took the DAT a second time before I walked in for my first interview and got a 23, but got a 29 on reading and the 26 on conceptualism.

00:12:18 Dr. Elliott Humiston

And I have dyslexia, but I figured out how to beat the test.

00:12:22 Dr. Elliott Humiston

So I applied, I even got like accused of cheating because my score went up so high.

00:12:32 Dr. Elliott Humiston

But I didn't get in because how dental school's admissions process works is they count every class you've ever taken, whether it was a dropout or fail and retake.

00:12:42 Dr. Elliott Humiston

So I dropped my GPA tremendously from like a 3.7 to a 2.9, which was extremely frustrating because it was hard to get schools to even look at me at the time.

00:12:54 Dr. K.

Yeah, I mean, that's it's something that sort of constantly is the back and the head of a lot of students, particularly students who are going for medical or dental.

00:13:04 Dr. K.

you mentioned Marquette.

00:13:05 Dr. K.

I mean, I've had so many students who...

00:13:08 Dr. K.

from Wisconsin or like, I'm going to Marquette.

00:13:10 Dr. K.

And I'm like, okay, good for you.

00:13:13 Dr. K.

I'm going to help you, but have backup options because that's a super competitive program, particularly for local Wisconsin students.

00:13:22 Dr. Elliott Humiston

Yeah, because only half of their class is local, actually.

00:13:28 Dr. Elliott Humiston

So I applied twice, didn't get in the second time either, and was just extremely frustrated and was looking for

00:13:37 Dr. Elliott Humiston

a way to bolster that CV or that academic achievement.

00:13:42 Dr. Elliott Humiston

And I was accepted to the Medical College of Wisconsin for my master's in medical physiology, which was like a hybrid course of first year medical students classes and PhD classes.

00:13:58 Speaker 3

Okay.

00:14:00 Dr. Elliott Humiston

Little over a year program cost a lot of money and

00:14:04 Dr. Elliott Humiston

I started getting stressed when I wasn't doing well because it was all didactic, rote memorization, you better be paying attention.

00:14:11 Dr. Elliott Humiston

We weren't playing with my strength at all.

00:14:16 Dr. Elliott Humiston

Thankfully, I went into my application process with a better strategy.

00:14:25 Dr. Elliott Humiston

I found out which schools were using, a lot of schools were trying to apply holistic approaches to their admission.

00:14:32 Dr. Elliott Humiston

A lot of schools said they were doing that, but only a few were actually doing it.

00:14:36 Dr. Elliott Humiston

Like when I would walk into Marquette, they would say they're looking at the whole person.

00:14:39 Dr. Elliott Humiston

Well, you also don't accept anyone who doesn't have lower than a 3.5 on their ADCESS application.

00:14:45 Dr. Elliott Humiston

And they also had one of the highest dropout rates.

00:14:47 Dr. Elliott Humiston

I remember three people that I tutored that ended up at Marquette over me dropped out.

00:14:52 Speaker 3

Oh, okay.

00:14:54 Dr. Elliott Humiston

So I felt a little bit of justice right there.

00:15:00 Dr. Elliott Humiston

So I put another application cycle and I cast a broader net and I ended up interviewing Roseman in Salt Lake City, Indiana University, Marquette University.

00:15:11 Dr. Elliott Humiston

And I did like a phone screening with Creighton.

00:15:16 Dr. Elliott Humiston

And December 1st hit, I didn't get in anywhere.

00:15:19 Dr. Elliott Humiston

I was getting like really frustrated.

00:15:21 Dr. Elliott Humiston

I was about to transition to the PhD program with MCW.

00:15:28 Dr. Elliott Humiston

They had a great stipend and I didn't have to teach.

00:15:30 Dr. Elliott Humiston

So it seemed like a no-brainer.

00:15:32 Dr. Elliott Humiston

And I could also deal with it with biochemistry and the physiology department.

00:15:38 Dr. Elliott Humiston

So I knew I could probably play on my strengths finally.

00:15:42 Speaker 3

Yeah.

00:15:45 Dr. Elliott Humiston

Luckily, I didn't have to go that far.

00:15:47 Dr. Elliott Humiston

I think sometime in like January, I got my first acceptance to Indiana University.

00:15:52 Dr. Elliott Humiston

Then I got one to Roseman and then I got one to Creighton.

00:15:57 Dr. Elliott Humiston

And

00:15:58 Dr. Elliott Humiston

Des had friends in Indiana who were like one of her PhD students she was working under was going there for postdoc.

00:16:10 Dr. Elliott Humiston

And yeah, we chose to move to Indianapolis.

00:16:14 Dr. Elliott Humiston

I've actually never been to IU Bloomington.

00:16:17 Dr. Elliott Humiston

that's right.

00:16:19 Dr. K.

I forgot.

00:16:20 Dr. Elliott Humiston

I have never been there.

00:16:21 Dr. Elliott Humiston

So I have an IU degree and I've never been there.

00:16:23 Dr. K.

Well, I mean, you're not really missing out very much.

00:16:26 Dr. K.

It's, you know, Indiana is not an impressive state to look at or be in.

00:16:31 Dr. Elliott Humiston

No, Indianapolis was great, but the rest of it I was, yeah.

00:16:36 Dr. K.

I totally understand.

00:16:39 Dr. K.

One thing that I kind of want to come back to before we move on to the next step is like you being able to.

00:16:45 Dr. K.

Well, yeah, and I think that's why it's so fascinating.

00:16:48 Dr. K.

But you being able to find your strengths and play to your strengths.

00:16:56 Dr. K.

Yeah.

00:16:57 Dr. K.

What was, is that something that you sort of came to thanks to you playing with,

00:17:04 Dr. K.

playing music and then going back to school and having these sort of all these different sections of your life.

00:17:10 Dr. K.

Were you constantly sort of analyzing yourself and trying to figure out what your strengths were in order to succeed?

00:17:16 Dr. K.

Or was it just something that came to you without really thinking or focusing on it?

00:17:22 Dr. Elliott Humiston

Probably started when I was younger.

00:17:25 Dr. Elliott Humiston

I was in like, you know, what they would call special ed back then.

00:17:28 Dr. Elliott Humiston

I have pretty bad ADHD.

00:17:32 Dr. Elliott Humiston

And being segregated from your fellow students when you're not actually scoring lower on any test than them was extremely frustrating.

00:17:41 Dr. Elliott Humiston

So I actually talked about this on my podcast.

00:17:44 Dr. Elliott Humiston

I had a teacher named Mrs.

00:17:46 Dr. Elliott Humiston

Roth who actually taught me about playing towards your strengths.

00:17:51 Dr. Elliott Humiston

And she went bat to bat for me several times.

00:17:54 Dr. Elliott Humiston

I remember the system at the time was that you couldn't do like, I think it was called PACE or something like that.

00:17:59 Dr. Elliott Humiston

It was like the academic achievement group.

00:18:03 Dr. Elliott Humiston

If you didn't have a certain, like, you weren't, like, you couldn't go do the PACE program for science if you had a C in English or something like that.

00:18:14 Dr. Elliott Humiston

And I think she realized that was stupid and put me in math Olympiads.

00:18:18 Dr. Elliott Humiston

And it was the first time I was ever challenged in school.

00:18:20 Speaker 3

Oh, good.

00:18:21 Dr. Elliott Humiston

So I was like, okay, I do have strengths.

00:18:24 Dr. Elliott Humiston

There are things that I can be really good at here.

00:18:26 Dr. Elliott Humiston

She also recognized that my difficulty with reading wasn't stemming just from like this little dyslexia thing I had going on.

00:18:33 Dr. Elliott Humiston

It was the attention span.

00:18:34 Dr. Elliott Humiston

And so she started trying to find things for me to read that she knew I would find interesting and keeping me engaged.

00:18:41 Dr. Elliott Humiston

And I think that probably just kind of snowballed over the next many years after that.

00:18:48 Dr. Elliott Humiston

I think one of the biggest problems when I first went to school to like what we'll call when I went back, which is like 2013, I think I was YouTube.

00:19:00 Dr. Elliott Humiston

Like just being able to have something that could give me this like visual representation or even a quick review.

00:19:08 Dr. Elliott Humiston

I used like there was something called like crash course or something.

00:19:11 Dr. Elliott Humiston

I'd use those all the time for like quick reviews on things.

00:19:15 Dr. Elliott Humiston

Math, it was always really nice to have it written out in front of you.

00:19:18 Dr. Elliott Humiston

Same with like pushing electrons and pushing hydrogen.

00:19:22 Dr. Elliott Humiston

Like I think it was all about like, hey, I know I'm a visual learner.

00:19:27 Dr. Elliott Humiston

I need visual representation and I'm not getting it from a textbook.

00:19:30 Dr. Elliott Humiston

So yeah, it was definitely something that I think probably came naturally, but I think it was also naturally nourished by certain people who had

00:19:40 Dr. Elliott Humiston

Mentors and teachers that over the years that recognized it.

00:19:43 Dr. K.

Yeah, I mean I'm I am the same way I mean I don't to my understanding I don't have ADHD or dyslexia, but I am so much a visual and auditory learner.

00:19:54 Dr. K.

Yeah, and I know how Extra challenging it can be for students like like me to learn from a textbook You know like you can't you can't appropriately process

00:20:08 Dr. K.

the kind of information you need or the processes to do problems or draw or all of that stuff, if you're not getting it in a way that your brain accepts.

00:20:18 Dr. K.

And I think having students like you has allowed me to sort of branch out and understand that the way that I teach cannot be didactic and one method and memorization.

00:20:31 Dr. K.

It has to be

00:20:35 Dr. K.

There have to be a variety of assessments and there have to be a variety of ways to teach so that all students can be successful.

00:20:43 Dr. K.

So hearing you go back to that and hearing you describe that kind of reinforces to me and it should reinforce to all educators that you have to be broad in the way that you represent information to people.

00:20:58 Dr. K.

And I bet you bring that to your practice too.

00:21:02 Dr. K.

When you're trying to explain like a complex surgery or something like that to a potential client, you have to be explaining it in a way that they're going to understand and trust you, that you're going to do it well.

00:21:16 Dr. Elliott Humiston

I think, I mean, especially with patients, it's all about like breaking it down to the essential elements because if you get too technical, that's when it becomes scary.

00:21:25 Dr. Elliott Humiston

I think all of us have a fear of the unknown, whether we want to admit it or not.

00:21:32 Dr. Elliott Humiston

And, I have a lot of scary words that I have to use every day, root canal and extraction and dental implant and, reflecting a flap or contouring bone or things like that.

00:21:46 Dr. Elliott Humiston

And we have to break it down to the essential elements.

00:21:49 Dr. Elliott Humiston

And that's usually what I do is, hey, like, you know, this is a big scary word.

00:21:55 Dr. Elliott Humiston

This is what I'm actually doing.

00:21:56 Speaker 3

Yeah.

00:21:57 Dr. Elliott Humiston

Hey, you know,

00:22:00 Dr. Elliott Humiston

You say the tooth doesn't hurt, I'm really happy for you.

00:22:02 Dr. Elliott Humiston

But you also have a massive infection that's impacting your immune system and you need to take care of it, like whether you feel it or not.

00:22:07 Dr. Elliott Humiston

And then we use at my practice, we use a lot of video, like we subscribe to different video systems that we can send to the patient through the phone.

00:22:18 Dr. K.

That's good.

00:22:18 Dr. K.

Yeah, I would appreciate that.

00:22:21 Dr. K.

I mean, I have a really good dentist in Manitowoc.

00:22:23 Dr. K.

Those are the kinds of things that I appreciate.

00:22:25 Dr. K.

And it would only be nerds like me, science nerds like me who would want to know all of the big words and all of the technical aspects of things.

00:22:33 Dr. Elliott Humiston

Yeah, and it actually puts me on notice because like I told you, I'm not the most rote memorization type person.

00:22:38 Dr. Elliott Humiston

I use a lot of...

00:22:41 Dr. Elliott Humiston

notes and stuff from dental school.

00:22:43 Dr. Elliott Humiston

Like even with my medication like process, I like every time I prescribe anything that I don't prescribe daily, I'm checking that again.

00:22:52 Dr. Elliott Humiston

It's like it's one of those things where like if you don't use it, you lose it.

00:22:58 Dr. Elliott Humiston

But let's have let's have some reminder somewhere.

00:23:01 Dr. Elliott Humiston

Yeah.

00:23:02 Dr. K.

So now that you're at Indiana,

00:23:06 Dr. K.

Did you find it challenging?

00:23:09 Dr. K.

we've established that you like being challenged.

00:23:11 Dr. K.

Did you find going to Indiana challenging?

00:23:13 Dr. Elliott Humiston

It was awful.

00:23:16 Dr. Elliott Humiston

I'll just be blunt.

00:23:18 Dr. Elliott Humiston

My first year was actually pretty okay because I had just left a master's program where a lot of the didactic had just been covered.

00:23:30 Dr. Elliott Humiston

So I kind of coasted for like, I was putting in effort.

00:23:35 Dr. Elliott Humiston

But my study regime didn't have to be as strict as some of my classmates.

00:23:40 Dr. Elliott Humiston

I was getting in the Bs pretty much every single time as long as I didn't go out to like a Pacers game the night before.

00:23:48 Dr. Elliott Humiston

I think that's the one exam I did really bad at.

00:23:52 Dr. Elliott Humiston

And then there was all this hands-on stuff, which was the stuff I was always good at.

00:23:57 Dr. Elliott Humiston

So I was doing pretty good first year and then second year came around and that's the hardest year.

00:24:03 Dr. Elliott Humiston

And I had no study habits.

00:24:06 Dr. Elliott Humiston

I had an ego that like, hey, I'm doing good, I don't.

00:24:14 Dr. Elliott Humiston

And then I also had my ADHD medication changed, which created a really number of unrecognizable side effects because those side effects could also all be tied back to stress.

00:24:30 Dr. Elliott Humiston

until it finally just boiled over.

00:24:31 Dr. Elliott Humiston

We changed my meds and I did a lot back and I did a lot better, but it was kind of like too late.

00:24:38 Dr. Elliott Humiston

I had kind of dug myself in a hole and ended up on academic probation during my second year.

00:24:46 Dr. Elliott Humiston

And that really sucked.

00:24:49 Dr. Elliott Humiston

I was like a president of like student organizations.

00:24:52 Dr. Elliott Humiston

They pulled me out of that.

00:24:54 Dr. Elliott Humiston

That's a whole nother story.

00:24:57 Dr. Elliott Humiston

and a whole, actually an entire episode of one of my podcasts about that.

00:25:02 Dr. Elliott Humiston

It was really frustrating because it was like, hey, I'm doing this thing that helps me stay engaged in school and you're taking that away.

00:25:12 Dr. Elliott Humiston

Third year hit and that's when you go even more clinical.

00:25:15 Dr. Elliott Humiston

We're barely in the clinic the first two years.

00:25:19 Dr. Elliott Humiston

But I had failed boards by, I think they told me it was only like two or three questions out of 400.

00:25:29 Dr. Elliott Humiston

And I told them that didn't make me feel any better.

00:25:33 Dr. Elliott Humiston

And board retakes are not uncommon.

00:25:35 Dr. Elliott Humiston

Like I knew it didn't, I was like, this isn't going to matter in the long run, but it's keeping me out of clinic for six weeks.

00:25:42 Dr. Elliott Humiston

So I came back to clinic and I was in a panic because I was behind everyone else.

00:25:47 Dr. Elliott Humiston

And I just started busting *** in clinic.

00:25:50 Dr. Elliott Humiston

I took on every challenging case they put in front of me.

00:25:53 Dr. Elliott Humiston

I would take

00:25:54 Dr. Elliott Humiston

every patient, no matter how difficult they were.

00:25:57 Dr. Elliott Humiston

Half of my patients are like, I had like six or seven patients with like aggressive Alzheimer's.

00:26:05 Dr. Elliott Humiston

I had like, they were giving me the high fear patients.

00:26:08 Dr. Elliott Humiston

I was getting the complex restorative cases.

00:26:12 Dr. Elliott Humiston

I would take on anything because I wasn't looking.

00:26:14 Dr. Elliott Humiston

It was like, I don't have the I don't have the

00:26:21 Dr. Elliott Humiston

is the word I'm privileged of being able to be picky because I'm already behind.

00:26:27 Dr. Elliott Humiston

And I think that really, really helped because then COVID hit my third year and we were dismissed from clinic for six, three months.

00:26:35 Dr. Elliott Humiston

So yeah, then I came back and I'm sure everyone can remember COVID and they were trying to figure out how to get us to graduate.

00:26:46 Dr. Elliott Humiston

I'm like, no one knows what they're doing.

00:26:49 Dr. Elliott Humiston

I'm just,

00:26:50 Dr. Elliott Humiston

going to put my head down.

00:26:51 Dr. Elliott Humiston

I'm going to get with my clinic director and I'm going to, again, take on every complicated thing I can.

00:26:58 Dr. Elliott Humiston

And I am not going home while the clinic is open.

00:27:01 Speaker 3

Okay.

00:27:02 Dr. Elliott Humiston

If I can be here and there's an attending on the floor, I'm either going to go assist on something I haven't seen, I'm going to go to a specialty clinic or I'm going to pull out a fake jaw and I'm going to work on it.

00:27:13 Speaker 3

Okay.

00:27:14 Dr. Elliott Humiston

And that's what I did for a year solid.

00:27:17 Dr. Elliott Humiston

And then

00:27:19 Dr. Elliott Humiston

It was really nice to be recognized at the end of that.

00:27:22 Dr. Elliott Humiston

I ended up winning the Restorative Excellence Award.

00:27:27 Dr. Elliott Humiston

I ended up in the top one or 2% of the clinic.

00:27:31 Dr. Elliott Humiston

I felt really good about it.

00:27:34 Dr. Elliott Humiston

But it was like your students that are struggling with 18 credit hours a semester,

00:27:42 Dr. Elliott Humiston

It's 25 to 28 credit hours a semester for dental school and medical school.

00:27:47 Dr. Elliott Humiston

So it's a completely different game.

00:27:50 Dr. Elliott Humiston

And if you don't go in there psychologically ready like I did, it's a real kick to the nuts because you went from being the smartest kid in all of your classes to being in a room where everyone was the smartest kid in all of their classes.

00:28:04 Dr. K.

Yeah.

00:28:05 Dr. K.

Yeah, that was my experience in graduate school.

00:28:08 Dr. K.

I wouldn't say it was Even.

00:28:10 Dr. Elliott Humiston

In grad school, I was doing okay.

00:28:11 Dr. Elliott Humiston

Like it was crazy.

00:28:13 Dr. Elliott Humiston

Like I thought I'd be all right.

00:28:14 Dr. K.

And no, it's when you, because I wasn't, in my experience in graduate school is I struggled mightily.

00:28:24 Dr. K.

And I am not a good experimentalist.

00:28:28 Dr. K.

I never have and never was.

00:28:29 Dr. K.

I'm probably a little bit better now, but it was just like brute forcing it, getting it through until I got to the place where I could actually be happy.

00:28:38 Dr. K.

And it sounds like you are much happier with the clinical side of things and that's where your wheelhouse is.

00:28:47 Dr. Elliott Humiston

Yeah, I just don't think I'd ever be a good researcher.

00:28:50 Dr. Elliott Humiston

It's just not, I don't.

00:28:52 Dr. Elliott Humiston

get, I like working with people too much.

00:28:54 Dr. K.

Yeah.

00:28:55 Dr. Elliott Humiston

So.

00:28:56 Dr. K.

Yeah.

00:28:57 Dr. K.

So then, so you, considering that you have had dentistry in your, you know, in your, in your family.

00:29:03 Dr. Elliott Humiston

Yeah.

00:29:03 Dr. K.

How did you end up going from, you know, a dental degree to having your own practice?

00:29:11 Dr. Elliott Humiston

So COVID changed a lot for everybody.

00:29:15 Dr. Elliott Humiston

And I hate to like hit on COVID because everyone remembers it not fondly.

00:29:19 Dr. K.

Yeah.

00:29:20 Dr. Elliott Humiston

But

00:29:21 Dr. Elliott Humiston

During that time, if I wasn't in the clinic, I was shadowing at other dental offices.

00:29:27 Dr. Elliott Humiston

At private practices, I said, how do I get my leg up?

00:29:29 Dr. Elliott Humiston

How do I get into an office that maybe I would be happy in?

00:29:33 Dr. Elliott Humiston

Because I knew I wanted to do complex restorative dentistry.

00:29:36 Dr. Elliott Humiston

And I knew I wasn't learning it very well in dental school.

00:29:39 Dr. Elliott Humiston

And I knew that if I went and took some random job, I wasn't going to be learning it very well there.

00:29:46 Dr. Elliott Humiston

So I ended up getting

00:29:49 Dr. Elliott Humiston

a few soft job offers in Indianapolis.

00:29:53 Dr. Elliott Humiston

We were relatively happy there.

00:29:55 Dr. Elliott Humiston

My wife was working as doing biochemistry, quantitative analysis stuff for drug companies.

00:30:05 Dr. Elliott Humiston

And then she went to the university where she was basically their technician for running experiments, which she really likes.

00:30:16 Dr. Elliott Humiston

I really don't.

00:30:21 Dr. Elliott Humiston

And then COVID hits.

00:30:25 Dr. Elliott Humiston

We lose my grandmother to COVID.

00:30:27 Dr. Elliott Humiston

We lose my aunt to COVID.

00:30:29 Dr. Elliott Humiston

And my aunt didn't had COVID when she passed away, but there was other complications.

00:30:35 Dr. Elliott Humiston

My grandmother got COVID and died suffocating.

00:30:40 Dr. Elliott Humiston

And when you hear people talking to you on a ventilator and things like that, everything changes.

00:30:47 Dr. Elliott Humiston

And

00:30:49 Dr. Elliott Humiston

they're saying their goodbyes and they're apologizing.

00:30:51 Dr. Elliott Humiston

They can't be at your dental school graduation.

00:30:54 Dr. Elliott Humiston

I'm like, family became way more important.

00:31:00 Dr. Elliott Humiston

And I knew that I wouldn't be able to work with my dad without help.

00:31:03 Dr. Elliott Humiston

We're very different human beings.

00:31:05 Dr. Elliott Humiston

That's originally why I avoided it.

00:31:10 Dr. Elliott Humiston

And I called him, I'm like, look, I know you want me to come work for you.

00:31:14 Dr. Elliott Humiston

I think we both can admit that there will be problems if this isn't like well thought out.

00:31:20 Dr. Elliott Humiston

So can you please hire a transition consultant?

00:31:24 Dr. Elliott Humiston

And we did do that.

00:31:25 Dr. Elliott Humiston

And then my dad didn't listen to anything.

00:31:29 Dr. Elliott Humiston

So I came I came back to Sheboygan in 2021.

00:31:32 Dr. Elliott Humiston

I started practicing.

00:31:34 Dr. Elliott Humiston

My father got sick almost immediately out of school and I took over the practice within about three months.

00:31:39 Speaker 3

Wow.

00:31:41 Dr. Elliott Humiston

Again,

00:31:43 Dr. Elliott Humiston

It wasn't the easy way.

00:31:46 Dr. Elliott Humiston

I bought the, his health never really recovered and I ended up having to buy the practice out just to kind of save things and keep it going in 2023.

00:31:57 Dr. Elliott Humiston

Actually, I bought it two days after I came back from my last Dominican trip.

00:32:01 Dr. Elliott Humiston

Like that was kind of the last thing, hey, I get to go do this.

00:32:05 Dr. Elliott Humiston

And after that, you become a business owner too.

00:32:08 Dr. K.

So was the practice before you brought it more sort of traditional like

00:32:13 Dr. K.

supportive care, cleaning dentistry, and you've transformed it into more of the complex stuff that you wanted to do, or was it already there?

00:32:21 Dr. Elliott Humiston

It wasn't already there.

00:32:22 Dr. Elliott Humiston

My dad had a background in it, but when it comes down to it, my dad was a really solid general dentist.

00:32:28 Dr. Elliott Humiston

And he was, and he had the opinion that it's just teeth.

00:32:31 Dr. Elliott Humiston

It's not like, it's a very like, if you graduated before 98, that's probably kind of where your mindset was, that you were more of a, you know,

00:32:42 Dr. Elliott Humiston

a doctor technician more than a, laying towards an actual position of the mouth.

00:32:50 Dr. Elliott Humiston

So, we were still placing a lot of metal fillings and I don't have a problem with metal fillings chemistry wise.

00:33:01 Dr. Elliott Humiston

That actually gets into a lot of the

00:33:04 Dr. Elliott Humiston

when I talk to my colleagues that are very much like the natural or holistic dentist, holistic with an H, not a W, they come up with all these reasons not to use certain materials.

00:33:16 Dr. Elliott Humiston

And I'm like, there's a lot of baloney there.

00:33:24 Dr. Elliott Humiston

You could come up with a much better reason to not use a material.

00:33:28 Dr. Elliott Humiston

It could even just be, I prefer to use this.

00:33:33 Dr. Elliott Humiston

Anyway, so my dad was doing very, very like a lot of dentures.

00:33:37 Dr. Elliott Humiston

We had, he was a kind of a gadget guy early on.

00:33:40 Dr. Elliott Humiston

So we had some like older like digital systems that would.

00:33:46 Dr. Elliott Humiston

a lot of practices even now don't have.

00:33:49 Dr. Elliott Humiston

I just came in and I took that like I was bitter that like I wasn't getting any mentorship.

00:33:53 Dr. Elliott Humiston

My dad was sick.

00:33:55 Dr. Elliott Humiston

We were arguing about how to keep the practice going.

00:33:58 Dr. Elliott Humiston

So I just started kind of going, okay, I need to find my niche here and digital dentistry, 3D printing, that type of thing really took over.

00:34:05 Dr. Elliott Humiston

And that naturally spun into the cosmetic and the full mouth rehabilitation.

00:34:11 Dr. Elliott Humiston

I still do a lot of general dentistry every day.

00:34:16 Dr. Elliott Humiston

But I get more fulfillment out of having to physically like plan out complex cases.

00:34:23 Speaker 3

Okay.

00:34:24 Dr. Elliott Humiston

So like yesterday I had a six hour surgery under general sedation.

00:34:27 Speaker 3

Wow.

00:34:29 Dr. Elliott Humiston

I would never want to do that every day.

00:34:30 Speaker 3

Right.

00:34:32 Dr. Elliott Humiston

But a couple times a month.

00:34:34 Dr. Elliott Humiston

Yeah.

00:34:34 Dr. K.

Just the ability to, be able to do both sort of like ends of the range of doing sort of like the basic maintenance and then to do something really that complex has to be very, satisfying, and not just as a dentist, but also as a business leader now when you're heading up a practice to be able to sort of offer both ends of that spectrum.

00:34:57 Dr. Elliott Humiston

Right.

00:34:57 Dr. Elliott Humiston

And now I have an associate, another dentist under me who loves to learn and loves to be mentored and guided, which means that the quality of the care and my practice philosophy remains intact because I'm the one she's asking for information.

00:35:14 Dr. Elliott Humiston

And she asks other people too, but it's really nice to have not some, like we're not fighting each other about anything.

00:35:20 Dr. Elliott Humiston

Like if there's a complex case,

00:35:23 Dr. Elliott Humiston

She'll either just say, hey, I'm not up for it and pass it to me or we do it together.

00:35:29 Dr. Elliott Humiston

Yeah, it's really nice.

00:35:30 Dr. K.

What are your biggest stresses, not necessarily as a dentist, but owning a practice?

00:35:35 Dr. K.

Like what are the biggest things that you think about from the business side of things?

00:35:40 Dr. Elliott Humiston

I mean, just the economics and economy, like we saw it dry up quite a bit over the last few months.

00:35:47 Dr. Elliott Humiston

It's starting to bounce back a little bit.

00:35:50 Dr. Elliott Humiston

And we're still having good months, don't get me wrong.

00:35:52 Dr. Elliott Humiston

But when those numbers like all of a sudden take a dip and you have openings in your schedule when you usually are scheduling six months, six weeks out, it's freaky and it's stressful.

00:36:02 Dr. Elliott Humiston

I also have a staff of like over 20 people and getting 20 people to get along is difficult and you have to hire the right people and get rid of the ones that don't work.

00:36:12 Dr. Elliott Humiston

And that's like,

00:36:14 Dr. Elliott Humiston

That's I think one of the things that I struggled with early on is I wanted to be everyone's friend.

00:36:17 Dr. Elliott Humiston

And I assumed that the people who were doing this before me were doing it wrong and I could do it better.

00:36:22 Dr. Elliott Humiston

And maybe that was partly true, but there's also like there's a pretty steep learning curve there.

00:36:27 Dr. Elliott Humiston

I tried to like make everybody happy, which made me miserable and other people miserable.

00:36:32 Speaker 3

Yeah.

00:36:35 Dr. Elliott Humiston

And I now have a team that gets along

00:36:40 Dr. Elliott Humiston

I always say we don't have to love each other every minute of the day, but we have to work together well.

00:36:44 Speaker 3

Yeah.

00:36:46 Dr. Elliott Humiston

So I don't have people coming to me with big conflicts or drama anymore.

00:36:50 Dr. Elliott Humiston

If there are problems, they usually just say, hey, I'm going to move on from it or, you know, they'll work it out themselves.

00:36:58 Dr. Elliott Humiston

Right now, probably my biggest thing is communication.

00:37:01 Dr. Elliott Humiston

Like,

00:37:02 Dr. Elliott Humiston

I try to communicate using AI a lot because I think we've established that my brain is all about hitting the nail with the biggest hammer I can find.

00:37:15 Dr. Elliott Humiston

And that doesn't work for a lot of people.

00:37:17 Dr. Elliott Humiston

So I use AI to reword my instructions sometimes to match people's behavioral data.

00:37:26 Dr. Elliott Humiston

I know my experiences with my employees, but I also have their personality assessments that I can look on and go, why can't I, like, why aren't they understanding what I'm saying?

00:37:39 Dr. Elliott Humiston

What does become frustrating is when people just don't ask follow-up questions or like, hey, I wrote

00:37:48 Dr. Elliott Humiston

We're gonna handle social media a little bit differently, so it's a little more concise and it's easier.

00:37:52 Dr. Elliott Humiston

So here's a document.

00:37:53 Dr. Elliott Humiston

It's like 11 pages long.

00:37:55 Dr. Elliott Humiston

I know it seems long, but it's gonna be able to answer all your questions.

00:38:00 Dr. Elliott Humiston

And then people tell me, hey, this doesn't make any sense.

00:38:04 Dr. Elliott Humiston

I'm like, have you read it?

00:38:04 Dr. Elliott Humiston

No.

00:38:05 Dr. Elliott Humiston

Okay, well, no.

00:38:08 Dr. Elliott Humiston

So I think it's, everyone has such a different personality and I have such high expectations for everyone.

00:38:15 Dr. Elliott Humiston

It's just my natural thing to do.

00:38:18 Dr. Elliott Humiston

that like curbing my own expectations to meet what's realistic was really difficult.

00:38:23 Dr. Elliott Humiston

And it's something that I work on every day.

00:38:25 Dr. K.

Yeah, that's a very kind of like profound thing to come to when you're dealing with so many complex.

00:38:32 Dr. K.

personalities and a lot of communication things of creating realistic expectations.

00:38:37 Dr. K.

It's funny how in the past like two or three minutes, you've hit a whole bunch of stuff that I tell students and that we're doing on this podcast, like the whole fall or maybe it's the entire year we're going to talk about AI.

00:38:48 Dr. K.

So the fact that you brought up AI is good.

00:38:50 Dr. K.

And then like setting realistic expectations.

00:38:55 Dr. K.

One of the reasons why I'm so

00:38:57 Dr. K.

I enjoy you telling your story so much.

00:38:59 Dr. K.

And I heard you on the first episode of your own podcast telling this whole story.

00:39:03 Dr. K.

That's why I wanted to bring you back, because there was just so many things that students these days need to hear, particularly setting realistic expectations, knowing that you can start once or twice or three times as long as you keep.

00:39:20 Dr. K.

making sure that you're supporting yourself and then also picking the direction that makes that you're passionate about you know right that's really I think if I were to take anything away from your your journey to where you are right now is even going back to your you know musical career very early on you followed your passions and you think you were figuring yourself out and you you got to the point where you needed to be and then you push yourself you push yourself

00:39:50 Dr. K.

where you needed to go.

00:39:52 Dr. K.

And I think that's really, really important.

00:39:55 Dr. Elliott Humiston

Yeah, I would agree.

00:39:56 Dr. Elliott Humiston

I think also we don't have backup plans.

00:39:59 Dr. Elliott Humiston

And I knew too many guys in dental school that they were doing it because there was a family expectation or, hey, I got in, I might as well do it, that type of thing.

00:40:08 Dr. Elliott Humiston

And they're miserable now.

00:40:11 Dr. Elliott Humiston

Or they work a nine to five as an associate and they do basic dentistry and they go golfing.

00:40:18 Dr. Elliott Humiston

If that's what makes them happy, great.

00:40:20 Dr. Elliott Humiston

You just go for it.

00:40:21 Dr. Elliott Humiston

But I knew it was never going to work for me.

00:40:24 Dr. Elliott Humiston

And I think the scary part was like not getting in.

00:40:28 Dr. Elliott Humiston

And that's why I started casting a wider net and doing more investigation on like, how do I make this happen?

00:40:37 Dr. Elliott Humiston

Like, because my dad and my great-grandfather both went to Iowa.

00:40:42 Dr. Elliott Humiston

I thought they were always the first ones to deny me every year.

00:40:47 Dr. Elliott Humiston

So I'm like, okay, well, nepotism is not working.

00:40:49 Dr. Elliott Humiston

Great.

00:40:53 Dr. Elliott Humiston

And then, okay, I'll go to Marquette because I love living in Milwaukee.

00:40:57 Dr. Elliott Humiston

Well, Marquette wasn't interested in me.

00:40:59 Dr. Elliott Humiston

Yeah.

00:41:00 Dr. Elliott Humiston

So I went to the place that they, you know, at least the admissions board was interested in me.

00:41:05 Speaker 3

Yeah.

00:41:06 Dr. K.

So let's transition now to what this podcast is about and that's misinformation.

00:41:11 Dr. K.

So before we get to the fluoride thing,

00:41:16 Dr. K.

Do you have clients, patients that come in that have certain expectations or certain research that they've done on their own that they bring to you and you're like, no, that's not how things work?

00:41:30 Dr. Elliott Humiston

Occasionally.

00:41:34 Dr. Elliott Humiston

I have colleagues that deal with it a lot more than I do.

00:41:39 Dr. Elliott Humiston

I think that's about training what type of patients you bring in or directing how you attract clients.

00:41:46 Dr. Elliott Humiston

I guess we have a fair amount of people who refuse fluoride.

00:41:51 Dr. Elliott Humiston

I don't really fight with people on it.

00:41:55 Dr. Elliott Humiston

I'll say my spiel of like, hey, it's proven to work.

00:42:00 Dr. Elliott Humiston

And the concentrations that we're using it is safe in the frequency that we're using.

00:42:04 Dr. Elliott Humiston

And I have absolutely no reservations about putting it on my teeth, my children's teeth or my family's teeth.

00:42:13 Dr. Elliott Humiston

If you want to go into it more, we can.

00:42:16 Dr. Elliott Humiston

But at the end of the day, I'm also needed by other patients.

00:42:20 Dr. Elliott Humiston

And me sitting there arguing with someone who's not going to receive my argument anyway, I can think of a lot better things to do with my time.

00:42:30 Dr. Elliott Humiston

I occasionally will get people who come in with like, hey, I want to use

00:42:33 Dr. Elliott Humiston

a natural toothpaste or I'm using oil pulling or things like that.

00:42:37 Dr. Elliott Humiston

And again, I just have really brief things to tell them.

00:42:40 Dr. Elliott Humiston

I'm like, okay, if you're gonna use a natural toothpaste, I would just use arm and hammer powder.

00:42:46 Speaker 3

Okay.

00:42:46 Dr. Elliott Humiston

Mechanical debridement is the most essential and you're paying probably 20 bucks a toothpaste tube.

00:42:51 Speaker 3

Okay.

00:42:53 Dr. Elliott Humiston

So yeah, what's like you're trying to, you're trying to decrease the acidity of your mouth with toothpaste.

00:43:01 Dr. Elliott Humiston

Just

00:43:01 Dr. Elliott Humiston

use sodium bicarbonate.

00:43:04 Dr. K.

Yeah, I mean, that's an interesting question that I've always had about teeth cleaning is the various chemicals that you can get, depending on the toothpaste, this for sensitive teeth or fluoride or whatever.

00:43:21 Dr. K.

And I've read the ingredients labels.

00:43:24 Dr. K.

But it's really like the mechanical force on force, brushing.

00:43:29 Dr. K.

So even without a toothpaste, that still does have that.

00:43:34 Dr. Elliott Humiston

There's a lot of work because you're disrupting the biofilm of the bacteria on the tooth, the adhesion to the tooth structure.

00:43:41 Dr. Elliott Humiston

And that adhesion is where the acidity changes on the tooth.

00:43:44 Dr. Elliott Humiston

Like your overall mouth becoming more acidic is what causes cavities and allows those bacteria to thrive.

00:43:50 Dr. Elliott Humiston

But if you're making micro environments underneath a layer of biofilm that's isolated by your saliva and plaque, that's the bigger problem.

00:43:57 Dr. Elliott Humiston

So if you brush that plaque and disrupt it, whether or not you kill it, that's a different thing.

00:44:01 Dr. Elliott Humiston

And then with oil pulling, I have just give a brief example that there's a difference between bacteriostatic and bacteriocidal.

00:44:09 Dr. Elliott Humiston

And there's a lot of enzymes in your saliva that's going to break down that oil pretty quick.

00:44:13 Dr. Elliott Humiston

So I use really just basic

00:44:19 Dr. Elliott Humiston

arguments with people and they can do what they want, I'm here to take care of them.

00:44:24 Dr. Elliott Humiston

That's kind of where I've settled myself.

00:44:27 Dr. Elliott Humiston

I have a lot of, my practice was started by Dr.

00:44:35 Dr. Elliott Humiston

Bob Hildebrand, who's a World War II vet in the 40s.

00:44:39 Dr. Elliott Humiston

My dad bought it from him in 82.

00:44:41 Dr. Elliott Humiston

Bob was the guy who brought fluoride to Wisconsin in the water.

00:44:47 Dr. Elliott Humiston

He lived actually 4, he grew up four houses down from where I live now.

00:44:51 Dr. Elliott Humiston

Really cool guy.

00:44:53 Dr. Elliott Humiston

So I have a little bit of feel like I inherited a responsibility to like, but at the same time, I'm not going to let that dictate what I tell patients.

00:45:04 Dr. Elliott Humiston

But yeah, we do get some patients in from time to time.

00:45:07 Dr. Elliott Humiston

I have, I think actually the bigger one over fluoride or some of these natural toothpastes, we have people who want ceramic implants put in.

00:45:15 Dr. Elliott Humiston

And I won't do them because they break and they're catastrophic to remove.

00:45:20 Dr. Elliott Humiston

They can be done all right, but they're just not for me.

00:45:26 Dr. Elliott Humiston

Titanium's been proven to be a biomedically an inert compound.

00:45:33 Dr. Elliott Humiston

There are people with rare and very difficult to diagnose metal sensitivities.

00:45:45 Dr. Elliott Humiston

But they're like half of them tell me that they've got replacement knees.

00:45:49 Dr. Elliott Humiston

And I'm like, Oh boy.

00:45:55 Speaker 3

Yeah.

00:45:56 Dr. Elliott Humiston

So I do not, I am the person that if you want to have a conversation about it, great, we can have a conversation, but I'm not a warrior in that way.

00:46:08 Dr. Elliott Humiston

If that makes sense.

00:46:09 Dr. Elliott Humiston

Like I need my staff to be on the same page as me.

00:46:13 Dr. Elliott Humiston

But I'm here to take care of every patient no matter what their beliefs are.

00:46:17 Dr. K.

Yeah.

00:46:17 Dr. Elliott Humiston

Unless they're asking me to do something that's unethical or doesn't help them.

00:46:20 Dr. K.

Yeah.

00:46:21 Dr. K.

Full disclosure, I just had to get 2 cavities and I was asked whether it would be, you know, silver or, you know, the, you know, new materials.

00:46:29 Dr. K.

And I'm like, I got a mouthful of silver, silver amalgam already.

00:46:32 Dr. K.

Like, give me the silver amalgam.

00:46:33 Dr. Elliott Humiston

I'm not, I'm not scared.

00:46:37 Dr. Elliott Humiston

I'm actually pretty good at it placing them.

00:46:41 Dr. Elliott Humiston

My dad's fantastic at it.

00:46:43 Dr. Elliott Humiston

I don't use it much anymore because of personal preference.

00:46:46 Dr. Elliott Humiston

Like that's literally it.

00:46:48 Dr. Elliott Humiston

Metals corrode, they expand and they can cause cracks in teeth after decades.

00:46:54 Dr. Elliott Humiston

And I fixed too many of those.

00:46:55 Dr. Elliott Humiston

That's really the reason and they can't be repaired.

00:46:58 Dr. Elliott Humiston

So, but I'm also like really into sculpture and, you know, so I use a lot of tooth colored fillings.

00:47:06 Dr. Elliott Humiston

But metals are not reactive to moisture in the mouth or things like that.

00:47:10 Dr. Elliott Humiston

They'll stay whether it's wet or not.

00:47:12 Dr. Elliott Humiston

So occasionally I'll look up at the assistant and I'm like, go get an alloy.

00:47:16 Dr. Elliott Humiston

Like I'm not dealing with this today.

00:47:19 Dr. K.

So what are the replacement materials now instead of silver and alga?

00:47:24 Dr. Elliott Humiston

All of, so if you want the best material, it's still gold.

00:47:28 Speaker 3

Okay.

00:47:29 Dr. Elliott Humiston

It's bio inert.

00:47:30 Dr. Elliott Humiston

It's antibacterial in that bacteria have an incredibly difficult time growing on it.

00:47:35 Dr. Elliott Humiston

But it's become so restrictively expensive that we can't use it anymore.

00:47:41 Dr. Elliott Humiston

But like the restorations in my mouth, two of them are gold.

00:47:45 Speaker 3

Okay.

00:47:45 Dr. Elliott Humiston

Like, so from a practitioner standpoint, that's the material I'd always choose.

00:47:49 Speaker 3

Okay.

00:47:51 Dr. Elliott Humiston

And then we are using composites that are BPA free.

00:47:58 Dr. Elliott Humiston

For the most part, I think there's still a few out there that are not.

00:48:03 Dr. Elliott Humiston

And we're using resin composites that are usually cured through light, not through a chemical or a passive chemical process.

00:48:13 Dr. Elliott Humiston

So we hit them with lights, we excite the electrons and they go hard.

00:48:17 Speaker 3

Okay.

00:48:17 Speaker 3

Yeah.

00:48:19 Dr. K.

So now that we're talking about dentistry, why don't you talk a little bit about the podcast that you've started?

00:48:25 Dr. Elliott Humiston

Sure.

00:48:26 Dr. Elliott Humiston

So I was working with my marketing guy, John Erline, and he's like, you got to do a podcast.

00:48:32 Dr. Elliott Humiston

And I'd always like had it in my head that like it was something I'd like to do, but I didn't know what to do it on.

00:48:40 Dr. Elliott Humiston

And so we started talking about it.

00:48:42 Dr. Elliott Humiston

I'm like, dude, it's a lot of work.

00:48:44 Dr. Elliott Humiston

Like I don't have time to be editing and producing.

00:48:46 Dr. Elliott Humiston

And he's like, well, I'll do some of that, blah, blah, blah, blah, blah.

00:48:49 Dr. Elliott Humiston

And then this application called Riverside, we became aware of.

00:48:53 Dr. Elliott Humiston

Yeah.

00:48:55 Dr. Elliott Humiston

And I knew I was like, if I'm going to do a podcast, I need to be getting, I'm going to do it for fun.

00:49:00 Dr. Elliott Humiston

It needs to be for me, but I'm going to do, it would be great if it's feeding content for my businesses too.

00:49:06 Dr. Elliott Humiston

And that's what Riverside can help you with.

00:49:09 Dr. Elliott Humiston

So we decided to do it.

00:49:11 Dr. Elliott Humiston

It's called Death Before Decay.

00:49:13 Dr. Elliott Humiston

I have a tattoo on my arm of a tooth that says Death Before Decay across it.

00:49:18 Dr. Elliott Humiston

And

00:49:21 Dr. Elliott Humiston

At the time we started, my friend who had done the tattoo had passed away.

00:49:25 Dr. Elliott Humiston

So it just seems like a really nice, like this seems like the universe telling me something.

00:49:30 Dr. Elliott Humiston

And we really started leaning into.

00:49:35 Dr. Elliott Humiston

dentistry and business ownership and entrepreneurship and for him marketing.

00:49:40 Dr. Elliott Humiston

And I got bored pretty quick.

00:49:41 Dr. Elliott Humiston

I'm like, I can't keep this going like this only on this topic.

00:49:45 Dr. Elliott Humiston

So it was like, okay, let's talk about confidence because we can bring in people to all kinds of people to talk about confidence.

00:49:52 Speaker 3

Absolutely.

00:49:53 Dr. Elliott Humiston

So we started bringing in the lab technician that makes my veneers.

00:49:57 Dr. Elliott Humiston

We started bringing in the Andrew Jacobs who owns the local skate shop that I grew up around.

00:50:03 Dr. Elliott Humiston

Like

00:50:04 Dr. Elliott Humiston

And talking about how like, hey, like skating gave him confidence and he sees it giving kids confidence today.

00:50:12 Dr. Elliott Humiston

We did some episodes on ADHD.

00:50:14 Dr. Elliott Humiston

We did episodes on an episode about called What If I Fail?

00:50:20 Dr. Elliott Humiston

And it's all about talking about you will.

00:50:22 Speaker 3

Yeah.

00:50:25 Dr. Elliott Humiston

We've had a bunch of different people on so far.

00:50:30 Dr. Elliott Humiston

The 8th episode just dropped.

00:50:34 Dr. Elliott Humiston

Episode 9 comes out pretty quick here.

00:50:36 Dr. Elliott Humiston

So we've got, we'll have a, we've been putting it out every other week.

00:50:40 Dr. Elliott Humiston

We'll take a break and then probably hit it again next year.

00:50:43 Dr. Elliott Humiston

I'm trying to get as much of it done and edited before my daughter's born.

00:50:49 Dr. K.

Yeah.

00:50:49 Dr. K.

I mean, that's kind of that's kind of the position I'm in right now of cranking out episodes before the semester starts.

00:50:54 Dr. K.

So I don't have to worry about finding people.

00:50:56 Dr. K.

And you know, I think having a daughter is a little going to be a little bit more stressful than

00:51:02 Dr. K.

Teaching students the same classes that I've been teaching for many years.

00:51:08 Dr. K.

So this kind of, this is a little cliché, but I'm going to ask it anyway.

00:51:13 Dr. K.

What advice would you give students who are just kind of, whether either they're starting out in their college careers or they've come to a place where they feel like they need to change, what kind of advice would you give them?

00:51:29 Dr. Elliott Humiston

Okay, I think it really comes down to want versus feel like you need to.

00:51:35 Dr. Elliott Humiston

Do you want, like, my brother is a recovered addict.

00:51:39 Dr. Elliott Humiston

He didn't recover until he wanted to.

00:51:44 Dr. Elliott Humiston

I went to school because I thought I needed to.

00:51:46 Dr. Elliott Humiston

I thought it was my expectation and I failed.

00:51:50 Dr. Elliott Humiston

When I went back to school because I wanted to achieve a goal, then I was able to do it.

00:51:58 Dr. Elliott Humiston

I hated dental school, but I wanted to be a dentist.

00:52:07 Dr. Elliott Humiston

You need to figure out what you want in life and you need to figure out what that path requires.

00:52:15 Dr. Elliott Humiston

And it shouldn't be because anyone else is making you feel like you need to.

00:52:21 Dr. Elliott Humiston

If you are like, I don't want to go to school, but I need to support my family, well, then you need to change your mindset.

00:52:32 Dr. Elliott Humiston

It needs to be, I want to provide for my family, so I'm going to do this.

00:52:37 Dr. K.

Yeah.

00:52:39 Dr. Elliott Humiston

So I think that's really what it comes down to, especially my own journey, is I knew I wasn't going to succeed until I wanted to.

00:52:46 Dr. K.

Yeah.

00:52:47 Dr. K.

So now, so that brings the sort of, I guess, my final question of what is it do you want for your practice right now?

00:52:52 Dr. K.

Where do you want it to go in the future?

00:52:56 Dr. Elliott Humiston

I've been doing, we're in this world of medical vertical integration of hospitals being owned by insurance companies.

00:53:12 Dr. Elliott Humiston

And they own every, the insurance company,

00:53:17 Dr. Elliott Humiston

owns every aspect of the medical process down to the pharmacy.

00:53:23 Dr. Elliott Humiston

Or it could be a corporation that owns the hospital that creates an insurance company.

00:53:26 Dr. Elliott Humiston

But there's benefits to that philosophy, but greed gets in the way, inevitably.

00:53:35 Dr. Elliott Humiston

And we stop trusting our professionals.

00:53:39 Dr. Elliott Humiston

It's starting, and I have too many friends who are physicians that are burned out in their 30s.

00:53:47 Dr. Elliott Humiston

So for me, that's what I'm trying to avoid.

00:53:49 Dr. Elliott Humiston

And I'm trying to preserve private practice through mentoring people coming through.

00:53:55 Dr. Elliott Humiston

So I guess what I realized is I wanted to do the complex cases, but I also wanted to mentor people who wanted to continue private practice dentistry.

00:54:06 Dr. Elliott Humiston

Because it's being threatened.

00:54:08 Dr. Elliott Humiston

Delta Delta,

00:54:10 Dr. Elliott Humiston

biggest insurance provider in the country just bought an entire chain of dental practices in Wisconsin.

00:54:16 Dr. Elliott Humiston

It's the first time a dental insurance company has bought a chain of practices and it happened in my state.

00:54:25 Dr. Elliott Humiston

So I want to create a business that promotes and preserves private practice dentistry.

00:54:38 Dr. Elliott Humiston

continues to not allow, because we are in network and they'll try to tell me what to do and I just tell them no.

00:54:46 Dr. Elliott Humiston

it's up to the patient at the end of the day.

00:54:51 Dr. Elliott Humiston

But I'd like to keep doing the cosmetic and complex cases because that keeps me motivated.

00:54:59 Dr. Elliott Humiston

But I still, I don't think I'll ever abandon general dentistry.

00:55:02 Dr. Elliott Humiston

Like there's,

00:55:04 Dr. Elliott Humiston

There's still fun in that, still providing a really healthy service.

00:55:08 Dr. Elliott Humiston

So yeah, like mentoring the next person to own a private practice would be fun.

00:55:15 Dr. Elliott Humiston

continuing to do the bigger cases.

00:55:16 Dr. K.

Yeah, I mean, this is another case where I feel so proud, not necessarily, not just because all the things that you've been able to do and where you are, but the fact that you want to pass along that knowledge, you want to be a teacher.

00:55:30 Dr. K.

There are so many different ways to be a teacher.

00:55:32 Dr. K.

It doesn't necessarily mean

00:55:35 Dr. K.

you're getting the degree and the and the title to do it.

00:55:38 Dr. K.

You pass along that knowledge in any way that you can.

00:55:41 Dr. K.

And I really love that you that's something you want to do.

00:55:44 Dr. K.

So I hope that you find, you know, success in translating that knowledge and keeping the private practice around, because I think that there's a huge amount of value in that for our society.

00:55:54 Dr. Elliott Humiston

I would agree.

00:55:56 Dr. Elliott Humiston

Yeah.

00:55:56 Dr. Elliott Humiston

Just not even from a quality of like just from a quality of care aspect.

00:56:00 Dr. Elliott Humiston

Yeah, it's

00:56:02 Dr. Elliott Humiston

It's been quite the journey so far, I'll say that.

00:56:06 Dr. Elliott Humiston

But I've enjoyed it.

00:56:07 Speaker 3

Good.

00:56:08 Dr. K.

Thank you.

00:56:08 Dr. K.

Thank you very much for being here.

00:56:09 Dr. K.

I, you know, going back to something we talked about earlier, you used to come into class and I know that given your practice and the fact that you're going to have a growing family, plus, you know, you're three dogs now?

00:56:20 Dr. K.

Three dogs.

00:56:22 Dr. K.

Large dogs.

00:56:25 Dr. K.

So I'm going to use this as a replacement for the time being.

00:56:28 Dr. K.

I'm going to be putting this up on my course pages so students who are interested can have a really deep dive into the process of becoming a dentist.

00:56:38 Dr. K.

And if you ever find time in your schedule and you want to come back and talk to a class, you are always more than welcome.

00:56:45 Dr. Elliott Humiston

You know, I'm totally willing to do it, but I am terrible at organizing my schedule.

00:56:51 Dr. Elliott Humiston

Luckily, I finally have an office manager who can help me

00:56:55 Dr. Elliott Humiston

That, so I will put you 2 in contact and you guys can get the date worked out.

00:57:00 Dr. Elliott Humiston

I'm happy to help where I can, but if we want to do it predictably, we should probably I need to delegate a little bit.

00:57:06 Dr. K.

Okay, so please check out Death Before Decay.

00:57:10 Dr. K.

It's a really fun listen to those of you that love podcasts.

00:57:14 Dr. K.

If you like this one, you'll get a lot out of that podcast as well.

00:57:18 Dr. K.

And, you know, if there are any any, you know, fun dental stories that come about, you know, any more misinformation or information, I'll I'll seek your advice before sharing that in the future.

00:57:30 Dr. Elliott Humiston

Absolutely.

00:57:31 Speaker 3

Yeah.

00:57:32 Dr. K.

All right.

00:57:32 Dr. K.

Thank you.

00:57:33 Dr. K.

Yeah.

00:57:33 Dr. K.

So see you next time.

00:57:34 Dr. K.

Another podcast, hopefully another cool interview like this and keep yourselves well.