



# Modern Day Wonder Woman!

## IN THE OFFICE AND AT HOME WITH DR. MUSTAFA

By Jodie Linton-Prickett

Today, more than ever, women balance amid their responsibilities to their careers as well as their family and home. They are continually juggling several roles of a working professional and mother, wife, friend, sister and daughter with extraordinary synchronization and effortlessness.

Women have collectively attained more higher education than ever before, they are bringing home more money than ever, and cultivating businesses that are changing their communities and even the world.

While women have come a long way, baby ... their work is not done. It is now about changing opinions and preconceived notions to safeguard gender equality for upcoming women.

380Guide met with Hala Mustafa, DDS to get her input on how to do the delicate balancing act in our busy world. She is a charismatic, young, successful businesswoman, and a hands-on mother, who is full of personality, and did I mention

beautiful. One of the first questions we asked was, how do you do it? "It's a delicate balance and dynamic from day to day. I could not do it all without the support of my amazing Husband and our families," said Dr. Mustafa. While she wears many hats, she has developed an excellent support system. This gives her a break from having to be "on" all the time.

Because Dr. Mustafa has many different roles, time is her biggest commodity. She has found if it is meaningful enough, anyone can make time. All too often, time is wasted or used unwisely, so she consistently makes sure that she is making the best use of her time, she has learned how to delegate tasks and focuses on things that absolutely have to be completed by her. This helps her to get things done properly every time. Time management, taking time to refresh and recharge, having an excellent support team and being present and positive are essential in the balancing act of succeeding and being a modern-day Wonder Woman!

It is interesting to look how family dynamics can contribute to an empowered woman. Dr. Mustafa in one of four children raised by parents that understood the balancing act of family and careers. The family lived in Sudan where there is more uncertainty than here in the United States. Her mother worked in the Ministry of Finance Treasury sector and her father was in the Public Administration sector and a part time Professor. They made balancing time between family and careers look easy in a difficult environment, a place that didn't have a promising future. It was because of their selfless parenting they left their homeland to give their children more stability and opportunities. Her parents immigrated to the U.S. when Dr. Mustafa was around nine years old to ensure a better future for her and her siblings.

380Guide asked Dr. Mustafa what she would recommend to other young women that are looking at a career in dentistry. "Dental School is becoming increasingly

competitive. Balancing heavy amount learning with intense requirements of laboratory and clinical work is a challenge that every dental student will face. With that being said, prepare yourself by keeping your G.P.A as high as possible during college. Have a strong Science background. Strong academics is not the only factor admission committees look at so highlight yourself by becoming well rounded individual involved in the community, shadowing local dentists to learn more about the field. Join and take leadership roles in various organizations during your high school and undergraduate career and network," said Dr. Mustafa.

"I'm honored to be able to help the next generation of aspiring female scientists by offering a scholarship to a graduating senior pursuing a career in the STEM field each year," said Dr. Mustafa, "To learn more about our outreach and see how you can get involved, contact our office today."

We asked Dr. Mustafa to give us three main things that help her stay focused, balanced and a continuous success story. We also asked her to give our readers some tips on oral hygiene for busy moms.

### *Be Present and Establish a Routine.*

"Being fully present is crucial in every role you're in," said Dr. Mustafa, "You must fully show up in each role and do it to the best of your ability." Dr. Mustafa truly enjoys her profession and absolutely loves being a parent. "I am fully focused and give my full attention during my office hours to my patients', business and staff. I consider my priorities for the day and week, she said, "Once my workday is over, we give our kids all the attention in the world. Our evening routine is a special time for us. Having dinner, bath-time, playtime followed by reading or puzzles and just winding down for the night. Usually, by 8:00 our kids are asleep which gives my husband and I time to decompress, talk and reconnect."

### *Reset and Recharge.*

"Physical and Mental exhaustion is too common because we live in a fast-paced society". Chronic physical and mental burnout will reduce performance level whether in office or caring for family members. To rejuvenate and refresh your mindset, make sure to take regularly scheduled breaks to rest and recharge. Whether we take a weekend getaway for new scenery and R&R or treating myself to a spa day in which I can unplug from everything and everyone for a few hours." Said Dr. Mustafa, "I come back well rested with more willpower and creativity to take life on! This creates my work-life balance." As a family, they also enjoy spending time outdoors, petting zoos, indoor and outdoor amusement parks, and gymnastics. Getting your mind off things and enjoying pizza night and a movie is a great way for the family to recharge. "We recently attended the 'Disney on Ice' show and the girls had blast," said Dr. Mustafa.



Makeup by Reem Ramadan Beauty, Facebook - Reem Ramadan Beauty Instagram - @ReemRamadanBeauty, Email - reemramadanbeauty@gmail.com

### *Keep a Positive Outlook.*

A positive outlook on your future leads to contentment and accomplishment and can catapult your whole life into a positive direction. When asked what her future looks like, Dr. Mustafa said, "The future looks bright and beautiful! There's no limit to what I'll accomplish. As a woman, I want both. I want to grow my family, keep growing a successful business(s), God willing. We don't have to compromise either one.

### *Dr. Mustafa's Five Oral Hygiene Tips for Busy Moms!*

- 1) Oral Care is Self-Care: Schedule your six months checkups and cleaning. Think of it as a 'Spa treatment' for your mouth! We strive to make our patients feel pampered and right at home during every visit. The calming ambiance in our office is noticeable as soon as you walk in.
- 2) Model good oral hygiene behavior to your kids early. Make it a morning ritual to brush together with your younger kids to ensure proper technique. Brush for at least 2 minutes.
- 3) Many patients don't find it exciting to floss but remember, brushing only cleans 60% of your mouth. That grungy, filmy feeling in your mouth is the remaining plaque and sticky bacterial waste in between your teeth. So, if you're not flossing, 40% of tooth surfaces weren't addressed leading to gum disease and cavities.
- 4) Utilize a tongue scraper. Your tongue should be pink and not coated with white build up that contributes to bad breath. The white/yellow build up you often see is actually trapped bacteria, food, and debris in the tongue's papillae (those tiny bumps).
- 5) Drink lots of water! Water literally cleanses your mouth with every sip you take as it washes away residue from bacteria. It keeps the Oral pH at a stable level by diluting the acids produced by harmful bacteria.

Come join the 1385 Dental Studio family. They are located at 27379 East University in Aubrey, TX. For more information, please visit [www.1385DentalStudio.com](http://www.1385DentalStudio.com)