



PRIVAT PRIVAT

Respektieren Sie die Privatsphäre des Versicherten

Arendt
Kathryn Lily
Köpenickerstr. 43
10179 Berlin

geb. am: 06.05.00

Respektieren Sie die Privatsphäre des Versicherten

Personnummer: 06541207

Personnummer: 5056

Personnummer: 5056

Karte: 10.22

AmoxiClav 875/125 mg

Ambulantes Gesundheitszentrum der Charité
ÜBAG MVZ-Charité MKG
Campus Virchow-Klinikum
Augustenburger Platz 1, 13353 Berlin
Campus Benjamin Franklin
Hindenburgstr. 30, 12200 Berlin
Tel.: 030 950 555 599
Er. med. Dent. Rebecca Höhl

PKV H. IMEDI APO ROS PENN 1119, BERLI R050723/14

7232310 / 111

DENTAL ZENTRUM IN BERLIN

CHARITÉ
UNIVERSITÄTSMEDIZIN BERLIN

Ihr nächster Termin

MO DI MI DO **FR**

04.11.2022

10³⁰ Uhr

Sollten Sie ihren Termin nicht wahrnehmen können, sagen Sie ihn bitte rechtzeitig ab!

Bitte bringen Sie mit:

Gesundheitskarte

Überweisung



UNEXPECTED
EXPERIENCES THAT
IMPROVED MY GERMAN



KATHRYN ARENDT

Kathryn Arendt

Before leaving for Germany I had made a commitment to use my time abroad to improve my German language skills. At every opportunity there was to speak German, I'd take it. I assumed that these opportunities would not always be given to me. I knew I would need to position myself to create these opportunities, yet I never expected that by the end of my semester abroad I would have achieved my goal in a very unorthodox and shocking way. My German language skills developed through months of medical emergencies that greatly impacted my experience.

Two weeks after landing in Leipzig, Germany, I woke up unable to open my jaw with unbearable pain coming from my teeth. I knew right away that my wisdom teeth were ready to come out, but had no idea the extent to which this one minor surgery would affect my time in Germany. I went to the dentist to see what I needed to do, and was immediately thrown into learning and having to advocate for myself in German. I was told that one of my wisdom teeth was growing down into my jaw causing damage to my nerves, and that I had about a week before any permanent damage would occur to my jaw. I scheduled an appointment, dealt with insurance, and went to my surgery.

After the orthodontist finished the removal, he cleaned up his tools, cracked an ice pack, looked at me and said, "*ok Schön Tag!*" I checked out with a swollen face, and hopped on the U8 (subway) to go home. Culture shock really set in at this point. My dentist who removed my teeth made me feel like I was overreacting and overly concerned about my health. I would say to the dentist that my healing process seemed prolonged and that something else was wrong. He told me I only had a small infection caused by how deep the tooth was situated, and how difficult the extraction was. I would ask questions, to which he responded, "*Es ist normal*" every time. I was and am used to American bedside manners. To the Germans, if you are not dying, you're considered fine.

I never thought about or could have anticipated the healing process after the surgery. For almost 7 weeks after the removal I had regular appointments at the dentist. I spent more time than I would have expected in waiting rooms for several weeks after, and even became a regular patient at the *Dentalzentrum Pankow* at the Garbaty Center. By mid-October I came to understand that my pain and slow healing was in fact a result of a fractured jaw, and was not normal. I was unaware, as was my dentist, of the significant damage done to my jaw during the surgery. I had a broken jaw for almost 7 weeks and had absolutely no idea. By mid-November, after being admitted to the emergency room until 3am, weeks of heavy antibiotics, filling out forms in German, constant appointments, dealing with insurance, and the uncertainty of everyday life, I finally had my last appointment.

I included pictures on my poster to illustrate where I spent a lot of my time, along with documents from my appointments and prescriptions I was given. I wasn't able to participate in as many events during my program, or even travel as much as I had hoped. I missed a number of classes and I felt as though I was missing out on some of the fun that my peers were having.

However, I valued this experience even through the pain and worry. I feel as if I experienced German life in a very candid way that tourists typically don't.

When I reflect on the remainder of my time in Berlin after my final visit with the dentist, I recognize how comfortable I became with speaking German in almost any situation presented to me. I no longer practiced phrases before speaking. I wasn't switching to English automatically even when I knew I could. When others would speak I needed less time to create a response. I no longer thought about maintaining my goal because it was happening naturally. I found myself living comfortably within the culture and language. Although a good portion of my time and memories created in Berlin consisted of hospitals and doctor visits, I would not have achieved my goal without it.