



NEWSLETTER

AMERICAN FLETCHER NATIONAL BANK and TRUST COMPANY

MAR 4 '68

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One of the best ways to offer advice is to discuss the factors that prevent common problems. By being active in the dental profession for the last ten years, it has been possible to observe some of the conditions that produce joy or anguish in dental practice. The lack of experience itself causes similar problems to occur for the young graduate. This article attempts to discuss the common difficulties that occur in the first year of practice.

Enrichment — The effort of the dental health team is devoted to discovering, eliminating and controlling disease. This requires many working hours, and the time required for this each day is equal to the amounts spent in relaxation and resting. Due to the workload and stress, it is important for the dentist to enjoy the time he gives to the profession. If not, the attitude will be influenced and the unhappiness will be quickly transferred and detected by patients and family. No day is without problems, but they do not become burdens if a positive control is exerted at all times. Most of the practices that are established quickly are done by the individual with the happy-positive attitude. The structuring of time to be enjoyable during work and relaxation has been a concern of the psychologists for some time and this should be the first concern of the new practitioner.

It is helpful in this regard to be mindful that patient care is a contribution to the well-being of the individual. To remain cognizant of this it should be a goal to have each patient leave the office in better condition than when he entered. Making this happen will be perpetual evidence of the helpful professional contribution. Many things can be done by the dentist and the auxiliary personnel to maintain excellence and to eliminate strife from the practice. Good results and patient considerations are elemental for producing an optimal operation.

The decor and design of the office in a small way influence the attitude. Cheerfulness is produced by having pleasing colors, well-lighted rooms, comfortable temperatures and fresh air. Patients appreciate an organized and tidy office because the scheme suggests the dentist's concern to deliver thorough treatment. Therefore, a characteristic of the forward looking dentist is an esthetic office.

A constructive attitude, the sense of contribution and devotion to patients and the pride of remuneration are all factors that make the practice enjoyable. If you are consistently bothered by the routine in the office, it is time to discover ways to make the work enjoyable, and within a short time the attitude will be improved.

Thoughtful Financing. One of the greatest concerns at graduation is the financial responsibility that is necessary to equip an office, mortgage a home and begin an estate.

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Professional guidance prior to any contracts should be obtained from a reliable banker, a tax accountant, an attorney and an insurance broker. Accurate planning and the associated legal protection must be quickly tailored for the family. Unhappiness is commonly bred by a financial program that is beyond the capabilities.

For the "big start" it is invariably necessary to obtain a sizeable loan. Many types of loans are available and for the borrower there is no substitute for the down payment and collateral. A low interest rate and short maturity are advantageous, and the most acceptable terms are found on the low risk loan. Office design and other obligations should be kept within the low risk limit to avoid the pressures of needing to produce at too high a rate. One should carefully examine equipment and office design, consult with a dental dealer and make an analysis of the payment schedules many months before graduation to prevent unrealistic financing. Unfortunately, too much money is loaned on only the potential of the starting dentist.

Consultation with the tax accountant will reveal that a different method of tax payment is necessary for the self-employed businessman. The practicing dentist must pay quarterly tax estimates for both the federal and state government. Surprising also will be the federal withholding money that must be submitted for each employee quarterly. During the first year of practice, the capital should be protected to meet these obligations. When the year is completed, more accurate estimates and plans can be made by understanding the individual tax potential. Delinquent taxes, usually caused by not paying the quarterly estimate adequately or on time, result in sizeable fines and penalties that can be avoided by using the tax consultant.

The accountant can also determine the total expense of running the office. By knowing the number of hours utilized each month, it becomes possible to determine the time unit cost. The fee schedule provided by the dental society and the unit cost are the best guides for developing the costs for your services. The individual ability will influence your schedule, but this cannot be learned until some time is spent practicing.

When the financing is satisfactory and the practice is started, the lawyer should again be consulted to establish a trust fund. The fund will protect the family from several misfortunes, and in the event of death it can be written to be of significant financial advantage to the survivors. The cost of establishing a trust fund is nominal, but it is absolutely necessary due to the extensive and complex financial obligations of the ordinary practice.

Community Effort — Some time each day should be earmarked for relaxation and hobbies. A contribution can even be made at this time by assisting in community projects and serving others. The environment will not be better than we make it, and many opportunities for community betterment can be found in the church, school, service club or political party. Providing community leadership reinforces the pride in a different way and is helpful in elevating the image of the dental profession.

An excellent way to contribute to the community is to function actively in the component dental society. Projects are conducted each year by the component to improve the local programs in education and government. The graduate should become quickly involved with the dental society because the participation will develop an understanding of the

responsibilities of the profession. Worthy of mention in this regard is the need to improve dental health education, care of the indigent, payment programs and interprofessional relationships.

Continued Education — At graduation the new dentist is not aware of the demands that will be made to continue the education. The first year is a good time to enjoy the saturation that was produced by the curriculum, but it is also an excellent convenience to explore the methods that can be utilized to insure lifetime learning. It is accepted that half of what is learned in dental school becomes obsolete in five years, which means that to remain current, some type of postgraduate participation must be undertaken.

New developments are rapidly being reported in the literature and are regularly presented in the society program. Table clinics are very useful in learning or demonstrating how a specific technique can be used to improve the method that is employed in the office. To remain informed, it is necessary to devote several hours each week exploring the new concepts or analyzing the individual problems that could implicate change in office technique.

Many are surprised to find that following graduation there is a need to keep refining the manual skills. Each dentist should be able to know that the quality of his operations have continued to improve each year. Repetition is an excellent teacher and this eventually comes with time, but the quick and controlled refinement is developed from the participation in a clinical study club. Many clubs are functioning that have twelve members and a director and meet regularly on a monthly schedule. The time is spent studying and perfecting various restorative procedures. The advancement in skill is enhanced by observing the abilities of others

and by receiving the objective criticism of the study club director. Skill development quickly comes and goes and study club participation is a constructive way to obtain instruction.

An excellent method for continuing the education is to join a dental faculty. If you are located near a dental school and are interested in learning and teaching others, some consideration should be given to seeking a faculty appointment. A real contribution is made for the future by teaching the undergraduate student. New views are offered to the student that establish rapport with the "outside" dentist. The students gain not only from the instruction, but by observing the dedication that is displayed by the practitioner. The reward of helping others learn has kept many part-time teachers involved in most dental schools. It is healthy for everyone to invest in the educational aspects of the profession, and this again, cannot be done without sacrifices.

Most everyone knows that advice is much easier to give than it is to receive. Others would discuss the problems of the first year dentist by placing emphasis in other noteworthy areas. It was my purpose to discuss the problems that ordinarily occur for the individual that suddenly has a busy dental practice.

The problems predicted for the future have been discussed extensively and it is accepted that most things in our civilization will be different and in some cases frightening. Increased life span, refined living, new diseases and medicines and exaggerated sociologic problems will influence all our lives. The problem for the future is that there are no experts — no one has lived there yet! In view of this, it is obvious that the nature of survival will depend on our ability to work together and to share our experiences.

DENTAL HYGIENE

First Year Dental Hygiene

As we placed the manikins in the wooden coffin for the last time we began to realize that our first semester at I.U.S.D. had ended. This awareness brought an anticipation of new experiences that would be happening in the coming weeks.

The capping ceremony was the event we regarded as a highlight of our first year. With it we would advance one more step in obtaining our goal — a license to practice dental hygiene. In the afternoon of January 28th our professional attire was completed when we received our white cap with its purple stripe. Afterwards our efforts during the first semester were acknowledged by parents and friends. Our thoughts and anxieties, however, were directed towards our new role in clinic the next day.

Our first experience in main clinic found us providing both a prophylaxis to a fellow student and receiving the same.

Leaving our instruments in the sterilization room at the end of the long afternoon did not completely relieve our apprehensions since the next day we would provide this dental service to a stranger.

The usual routine of a Tuesday morning ended as we collected our tackle boxes and educational material from our lockers and took them to the Main Clinic or to the Pedodontic Clinic.

After just one patient we realized how much there is yet for us to know and understand. Tomorrow will provide experiences different than today's, and next week will present even more advanced experiences than this week's as we continue to consume vast amounts of information in the hope that in July of 1969 we will have accomplished our highest goal — a license to practice dental hygiene.

Susan McCormick

Second Year Dental Hygiene

The final semester for the second year dental hygiene class began as one of mixed emotions. Participating in the ceremony for capping of the first year "little sisters" gave one a feeling of accomplishment as we saw ourselves at that same moment only one year ago. Thus, we began our new semester, and during the weeks which have followed since January 3, new projects and papers have altered that feeling of accomplishment into the "when-am-I-going-to-catch-up feeling."

Our days are kept busy with classes and clinic sessions, but practically every spare moment finds a diligent second year hygienist with her nose in the card catalogue or a volume of bound dental periodicals.

Within the following weeks, ours will be a sense of anticipation as we prepare for our annual pilgrimage to Montgomery County. Armed with educational material composed of "flip-charts" of such stories as Bucky Beaver and his encounter with Mr. Wolf-Delay, we shall convey to the children the importance of essentials such as good brushing habits and adequate diet.

As April enters our schedule it brings with it sheer terror, for we will take the national board examination on April 8, then relaxation is in store for us as spring break begins on April 11. However, anticipation and anxiety will still be with us as we march in the commencement exercises at Bloomington on June 10. But even then, we will not be sure, for ahead lies the three days of Indiana State Board practical examination from June 11-14. Only then may we be sure that the three years of study and preparation are not in vain, for we shall (hopefully) then be licensed to practice dental hygiene in Indiana.

Carol Garriott

CLASS NEWS

Freshman Class

The Rose Bowl, Christmas vacation, first finals, and the beginning of second semester have occupied our time since the last Newsletter.

The Rose Bowl trip for most of us, however, was a trip across the room to the television set.

We spent Christmas vacation looking at the dentures, and into the mouths of relatives and friends who heard that we were in dental school. Unfortunately for them, they had not heard that freshmen do not learn anything about dentistry until they are juniors.

First finals were a panic, initially. In the final analysis, they turned out to be a riot. Does anyone know what a cupola is or how to figure the renal clearance?

Second semester has brought with it the promise of new adventures for all of us, especially Mr. David Theis who became engaged for the last and final time — we hope. Seriously, all kidding aside, the second semester promises a little knowledge and a lot of hard work to all of us. Now all we have to do is remember which class is which, and where.

P.S. Number 61's guppies had four babies. How about that?

Marilyn K. Greene

Sophomore Class

The Sophomore Class breathed a sigh of relief, and each student vowing to "do better," started into the fourth semester of dental school.

We are sorry to report the "loss" of two classmates to other fields of study this semester. Richard Bozzo returned to the Bloomington campus for graduate school, and David Pitts is the third class member to transfer to medicine. We wish them every success in their new ventures. (By the way . . . what did happen to Hubley?)

The class would certainly like to express thanks to Dean Hine and the Administrative Council for their co-operation in re-extending our shortened spring recess. We are all appreciative of the additional time allowed us for this vacation.

A class party has been planned for February 24th at the Slovenian Home. We expect attendance will be good, since the class voted to spend the majority of the "party-money" from class dues on ONE NICE BIG PARTY this year!

The sophomore basketball team continues its undefeated season. Coach Tabos relates victories over Indiana Normal College, Junior Dents, Junior Meds, Grads, and the Freshman Law Classes.

Isn't there just something about receiving those clinic gowns that makes you feel like it is "for real" at last?

Have a Happy Springtime!

Nancy Dudding

Junior Class

The junior students are now well oriented into their clinical work and with the more, but shorter periods for clinic that this semester brings, it seems that the dental chairs are getting quite a workout. The one change that everybody welcomes is the longer lunch period. Not only do the students find this gives them more time to relax between clinic and class, but the professors also seem to enjoy the change.

The high-speed handpieces can really be heard now as the junior students attempt to complete their little technic exercise on extracted teeth before they can be permitted to use the air-turbines on patients. In this process we are keeping the maintenance men busy servicing these high-speed handpieces, since it appears that the instrument doesn't work when the chuck hits the cap.

Thank heavens half of our national board examinations are over and we needn't start worrying again until next year. The two long days of examining were exhausting, so Rock Osmon had made plans previously for everybody to meet over at the Parkway for free beer from 11:00 a.m. until 5:00 p.m. There was a very good turnout, since almost everyone was ready to let off steam by this time.

We wish all the happiness possible to Phil Jones and his wife as they are the proud parents of a new baby girl, Debbie Lynn. Due to Phil's speediness, he was able to rush his wife to the hospital after racing from clinic upon being paged.

Judy Fry

Senior Class

"What are your plans?" That seems to be the big question with the seniors as they journey on their last "leg." With only three months to go, what seemed to be an eternity is fast approaching.

On February 10th the Senior Class Valentine Dance was held at the fabulous Slovenian National Home. Several "special" BA awards were bestowed on our fellow classmates. Our distinguished class co-sponsors, Dr. Drexell Boyd and Dr. George Mumford, honored us with their presence along with their wives. In appreciation, the class presented them with gifts to keep them in 'high' spirits.

The big up-coming event is the trip to Upjohn on April 18th. Sad, they had to split the class in halves to accomodate us, but guess the whole class would just be too much for Michigan to take at once.

"Graduation" is the word of the year for us, and hopefully we strive to make it replace last year's winner "Requirements."

The Class of '68 wishes to acknowledge "Thanks" to the administration, faculty, and staff for their help and guidance throughout our years here, for without them our future would hold no meaning.

Ray Tamaka

Indiana University Dental Dames

I would like to say "Congratulations on a job well done," to all who worked in making our October Style Show such a success. The show was presented by the Wm. H. Block Company.

For our Valentines meeting, Dames will be honored to have Dean Hine speak on "Dentistry in 1987."

March is going to be a busy month for Dames. Dr. Karl Kaufman, Dean of Butler College of Pharmacy, will be our guest on the 6th and will speak to us on "Medical Quackery."

Our "Emerald Enchantment" evening will be held at the Holiday Inn Northwest on Saturday, March 16th from 9:00 p.m. to 2:00 a.m. Hope you'll all try and make it; our chairman, Kay Sandmeier, has worked very hard.

We'd like to welcome all husbands and Dames to our April meeting. Our guest speakers, Dr. and Mrs. Matt Thoman, will speak to us on "Establishing a Practice." I'm sure we'll all be interested in this topic. This meeting will also be our election of officers.

May means flowers in bloom and our May banquet - a lovely dinner and installation of officers.

"GOOD LUCK SENIORS NOW and ALWAYS!!!"

I've enjoyed this year as your Dental Dames secretary!

Debbie Jones

FRATERNITY NEWS

XI PSI PHI

Time is going by quickly and here we are at the start of another new year.

As we look back on last year, we still can remember the festive Holiday Dance the ZIP's had on December 16th. A really good time was had by all.

We are now looking forward to what the new year will bring. The new semester finds everyone busy with new techniques, etc., and as a result, the 'ole ZIP lab' is really buzzing.

We are anticipating some TGIF parties, dances, and of course, initiation of new members in the not too far distant future.

Frederick R. Swain

Delta Sigma Delta

The men of Delta Sigma Delta proudly announce that for the spring of 1968 we can expect Indiana's own John Pont as a guest speaker. This event is to occur sometime during the month of April. Also during April the local chapter hosts the regional conclave, which includes schools from Wisconsin, Missouri, Kentucky, and Illinois. This conclave is designed to discuss both local and current national problems. Joe Grider will be moderator, and Rock Osman secretary during the one and a half day session.

XI Chapter would like to list its members who have been accepted at this time to graduate school: Gordon Cruichshank and Steve Troger, oral surgery; Lenny Vincent and Bob Shreck, crown and bridge; Phil Pate, pedodontics; George Krull, orthodontics; Paul Van Dorn, periodontics.

The seniors are rapidly closing in on their requirements, and are eagerly awaiting the roar of the Speedway and warm breezes at the links.

Delta Sigma Delta is again sponsoring its own golf outing sometime this spring. Awards and trophies will be presented to winners and/or losers.

Rock Osman

PSI Omega

On Sunday afternoon, November 12, 1967 eleven new members were initiated into our fraternity: John Stott, Mike Leavitt, Cullen Athey, Gary Bishop, Bill Swatts, Chuck Hazelrigg, Tom Myers, Nick Mihailoff-Shelly, Gavin Aitkens, Jack Hamilton, and Tom Hasel. Later that afternoon the Chapter held a reception for the new members and alumni.

The following Friday evening a stag smoker initiated our formal rush week-end activities. Part of the program included viewing a color film of the 1967 "500-mile Race." A formal dinner-dance, preceded by a cocktail hour, climaxed the festive week-end Saturday evening.

In contrast to the formal activities of rush week-end, an old fashioned, informal tree-decorating party concluded the fraternity's social activities for 1967. Fragrances of pine, popping corn, and crackling logs in the fireplace filtered throughout the house as members and guests joined in singing favorite Christmas carols.

The Psi Omega Wives Club began the 1968 social season by treating their husbands to a delicious chicken dinner at the fraternity house the 24th of January. Several persons won prizes in the wild bingo game afterward. (We think Barb Mullis is head of a numbers racket, since J. M. was one of the winners.)

Freshmen and active members together paused to relax and enjoy a TGIF party at the house the first week in February.

Casino Night, the next function scheduled for the fraternity, was February 16. As the upperclassmen know, this was the most exciting interfraternity event of the year.

Bob Rimstidt

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