

# NEWS- LETTER

IU School of Dentistry

MAY-JUNE 1981

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ENTRIES FROM THE SCHOOL OF DENTISTRY captured the three top honors in table clinic competition at the Annual meeting of the Indiana Dental Association. Winners were: First Place, Drs. C. Douglas Weir, Orlando Cayetano, and H. Ray Hazen, "Use of Aluminum in Prosthetics"; Second, Ms. Pamela Steed, "Common Soft Tissue Oral Pathologies"; and Third, Mr. Chris Brown and Ms. Diane Buyer, "Gerodontics: Meeting the Needs of the Elderly."

MRS. MARJORY CARR will complete a career of distinguished service in dental auxiliary education on June 30 when she retires as Director of the Dental Assisting program. Mrs. Carr has directed the program ever since it was established here in 1972, and before that she headed the Dental Assisting program at Harry E. Wood High School. She will be succeeded by Miss Pauline Spencer, who comes to us from the University of North Carolina, where she has been Acting Director of Dental Assisting.

THE 17TH ANNUAL TEACHING CONFERENCE of the School of Dentistry is scheduled for September 9-11 at McCormick's Creek State Park, and all faculty members are encouraged to mark their calendars accordingly and prepare for another stimulating program of lectures, workshops and opportunities for fellowship. Registration details will be available soon from Dr. James L. McDonald, Jr., Teaching Committee Chairman, and Dr. Jerry G. Nieten, Program Chairman.

DR. RALPH W. PHILLIPS, Associate Dean for Research, and Dr. Melvin R. Lund, Professor and Chairman of Operative Dentistry, are co-authors with Dr. Lloyd Baum of the University of Connecticut of a new book, Operative Dentistry, which has been published recently by W. B. Saunders Co.

DR. OREST G. KOMARNYCKYJ, 1981 graduate, will be in Washington, D.C., on June 10 to appear before the House Appropriations Subcommittee on Labor, Health and Human Services on behalf of the American Student Dental Association. As the ASDA's Representative on Legislation, Dr. Komarnyckyj will testify concerning financial problems faced by the nation's dental students and will offer recommendations on the extension of key features in the Guaranteed Student Loan Program and the Health Professions Student Loan Program, along with suggestions on reducing overall program costs by cutting certain administrative expenditures.

MRS. BARBARA LASHO AND MRS. PAMELA PRATHER in the Student Office will be leaving shortly to accompany their husbands, who recently graduated. Barbara and her husband David are moving to Omaha, Nebraska and Pam and Tom will be living in Kokomo, Indiana. Mr. James R. Sehr, who was formerly in the IUPUI Registrar's Office, has transferred and assumed the position of Coordinator of Records and Counselor in the Student Office.

DR. JAMES L. MCDONALD, JR., was elected Secretary of the Biochemistry-Nutrition Section of the American Association of Dental Schools at the annual meeting in Chicago. The Newsletter is also pleased to report that Dr. McDonald won a trophy for placing fifth among faculty contestants in the annual Ambulance Chase Race in which students, faculty, and staff from the Law School run against their counterparts from the Dental and Medical Schools. Gary Painter, third year dental student, was awarded a trophy for fifth place among all student runners, and in overall competition the Dental School finished second to the Medical School but ahead of the Law School team.

DR. TIMOTHY J. O'LEARY, Chairman of Periodontics, presented a half-day lecture, "Newer Concepts in Treatment and Maintenance of the Periodontal Patient," during a workshop at Wright-Patterson A.F.B. on April 21. On May 13, Dr. O'Leary addressed a conference of educators, research investigators, and clinicians on "Surgical Therapy for Periodontitis" at the National Institute for Dental Research in Bethesda, Maryland. In July Dr. O'Leary will be in Australia and New Zealand where he will address a number of periodontal specialty groups on "Recent Research Findings and Their Application in Clinical Prevention and Treatment Procedures."

DR. WILLIAM BORMAN, Past President of the American Society of Geriatric Dentistry, recently took part in a taped program on geriatric dentistry for distribution to Indiana and Kentucky radio stations. Dr. Borman was interviewed by Janet MacLean, Director of the Indiana University Center on Aging and the Aged.

THE GRADUATE OPERATIVE DEPARTMENT of Indiana University School of Dentistry visited Chanute AFB and Scott AFB in Illinois on May 4 and 5 to present a program to familiarize the general dentist with the merits of using gold foil in everyday practice. Participants included: Dr. Melvin R. Lund, Chairman of Operative Dentistry; Dr. Michael A. Cochran, Associate Professor and Clinical Chairman of Operative Dentistry; and Drs. E. Steve Duke, Juan Arocho, and Carlos Carrillo, graduate students in Operative Dentistry.

NINE PROGRAM PARTICIPANTS from the School of Dentistry appeared at the American Association of Endodontists 38th Annual Session in Philadelphia April 29-May 3. Those presenting papers included three graduate students: Dr. Thomas N. King, "Root canal filling lateral condensation using a thermo-plasticized gutta percha technique"; Dr. Stuart A. Ferguson, "An analysis of 2,500 endodontically treated teeth"; and Dr. A. Michael Ringel, "A comparison of antimicrobial effects of chlorhexidine gluconate versus sodium hypochlorite as irrigants in endodontic therapy." Clinics were presented by Dr. Ben J. Fisher on the "Restoration of the Endodontically Treated Tooth" and by Dr. Carl W. Newton and Dr. Samuel S Patterson on "The use of cadaver sections in the demonstration of spatial relationships of root canal anatomy." Dr. Donald E. Arens conducted a seminar on "Bleaching Vital and Non-Vital Teeth." Prof. Paul Barton took part in a panel session on "Writing for the Scientific Press," which was moderated by Dr. Duane E. Compton.

FACULTY MEMBERS, GRADUATES and present graduate students of the Department of Oral Pathology were actively involved at the annual meeting of the American Academy of Oral Pathology in Charleston, S.C., May 3-8. Dr. John Jarrett (1968), of the Medical University of South Carolina, was in charge of local arrangements. Dr. Lawrence I. Goldblatt was a member of the Fellowship Committee

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chaired by Dr. Ronald Baughman (1969), which administered the examination for Fellowship in the Academy. Successful candidates included Drs. Carl Allen (1980) and Sybil Niemann (1980). Drs. Charles Tomich and S. Miles Standish are on the Academy's Council and Dr. Tomich is also Editor. Dr. Arthur Miller (1963) is Secretary-Treasurer.

Scientific papers were presented by Drs. Bernard Levy (1969), Robert Brannon (1973), Arthur Miller, Carl Allen, Bruce Wright (1978), Alan Gould (1978) and David Schaffner (1979). Dr. Shafer presented a Continuing Education Course with his long-time friend and colleague, Dr. Waldron of Emory University.

Thirty-five graduate alumni of the Oral Pathology Department attended the annual Indiana Memorial Seminar in which diagnostically challenging cases were presented and discussed, occasionally intensely, by the group. Dr. Tomich moderated the seminar. Three graduates of the Oral Diagnosis/Oral Medicine Program, Drs. Binnie, Hasler and Dorey, also attended. Participants in the Clinico-Pathologic Conference were Drs. Goldblatt, Corio (1970), Hartman (1971), Allen and Levin (1971). Dr. Dean White (1972) moderated the very popular W.C.T.B.? (What Can This Be?) Seminar which involves diagnostic problems in oral pathology.

THE ANCIENT AND RATHER MYSTERIOUS SPORT (art?) of mushroom hunting has among its practitioners a number who are well known to the Dental School family. The Newsletter recently asked one of the most expert of these, Dr. Charles W. Gish, Co-Chairman of Community Dentistry and Professor of Pedodontics, for some comments on mushroom hunting. He has contributed the following short essay, which you will find to be rich in philosophical observations as well as practical tips:

Who would think that a little fungus could corrupt men's souls?...Lead their competition in the wrong direction.....Tell them the mushrooms won't be out until next week if you're going this week.....Send them to the hills when they're in the creek bottoms --

It's worse than fish tales! But there is no food so good either!

Who are some of the well-known hunters? Well, you may be surprised to know that Dean McDonald is one of the early big mushroom hunters. He has the cabin fire going at sun-up. When he finds a good "patch" of them, one hears a deep "ho, ho, ho," bellowing through the woods. By this you know it's a McDonald find. Also, good, persistent hunters are Maynard Hine, Paul Starkey, Gale Coons, Frank Jones, and Chuck Smith.

Why are morels so valued and sought after? If you don't know, you have never eaten morel mushrooms. They are a gourmet's delicacy in their own right. No one has ever been able to reproduce them. They grow spontaneously about two weeks in the spring and that's it. There are standing orders for them at \$8-\$15 per pound. If someone could learn how to grow them, he'd be a multi-millionaire overnight! (one of nature's oddities, huh?)

Now someone may ask how you know a professional hunter from a novice. Of course, the best way is to tell by the contents of his mushroom sack each time he comes in from the woods. And it's consistency that counts - anyone can stumble onto a good find occasionally. Just who is it that's eating mushrooms when they're scarce to find?

Where do you look? And who's going to tell if he knows? Well (if you believe this) here are a few hints. First, it takes the right combination of warm temperature and moisture. Give me a few days of 70-80° temperatures in middle to late April with a good warm thundershower and I'm ready to go. When the season starts, look in open spaces - where the sun hits. Especially south slopes or hills (facing the south). As the season progresses in the next few days, look in creek bottoms in leaves and wooded areas. At the season's latter part, look in heavy woods, ravines and north hills (facing north away from the sun). At any time, don't overlook the dead elm, the old walnut stumps, apple trees, sycamores in the creek bottoms, or a newly cleared area. They grow? They grow! The early grey fresh mushroom with close-knit sponge lattice, with the right weather conditions, will be a big yellow sponge (morel) a week later. A dozen little fresh grey morels won't make a cupful at that time, but a week later they will be big enough to make a good "mess" to eat.

ON MAY 18-20 THE DENTAL MATERIALS DEPARTMENT presented the annual Dental Materials Review course at the School for a group of dental officers in the U.S. Air Force.

Dr. B. Keith Moore, Associate Professor of Dental Materials, addressed the Rotary Club of Brazil, Indiana, on the topic "Dental Materials: Past, Present, and Future."

CONGRATULATIONS ARE EXTENDED TO Ms. Monica Moffa, who has been promoted to the rank of Assistant Librarian. Ms. Moffa also has recently been appointed Editor of the Indiana SLAnt, publication of the Indiana Chapter of the Special Libraries Association.

DR. GLEN O. SAGRAVES, Director of Curriculum Development, reports on behalf of the Executive Committee of the IUPUI Faculty Council that the following Dental School faculty members have been appointed to committee posts: Fringe Benefits, Dr. B. Keith Moore, Chairman; Library Affairs, Prof. Marie Sparks, Chairman; Budgetary Affairs, Dr. James R. Roche; Constitution and Bylaws, Dr. Glen O. Sagraves; Faculty Affairs, Dr. Byron Olson; Metropolitan Affairs, Prof. Myra Mason.

In addition, three IUSD faculty members have been elected to the following committees of the IUPUI Council: Dr. Varoujan Chalian, Executive Committee; Dr. David Allmann, Tenure Committee, and Dr. Anoop Sondhi, Nominating Committee.

AT THE REQUEST OF THE NEWSLETTER, Dr. Jack E. Schaaf has provided the following eyewitness account of proceedings at the Annual Razz Banquet:

The Dental Class of 1981 hosted the Senior Razz Banquet on May 8th. This annual event gives the graduating class a final chance to joyfully congregate before graduation and to show the Faculty their appreciation and occasional frustrations.

The evening began with a social hour which allowed students, faculty, and guests to interact in a fashion not possible in the usual student-teacher atmosphere of the Dental School. With spirits lightened, thirsts quenched, and appetites piqued, the dinner was served after the social hour. The meal included asparagus-topped salad, steak, baked potato, and carrots. Served in place of dessert was the delightful program presented by the Senior Class.

Class President Greg Winteregg began with his introductory remarks which included the phrase "This is it" several times during his period at the podium. He expressed his thanks to classmates Drs. Bruce Smith, Art Kammerman, Will Watts, Ben Davis, Charles Crane, Carol Walters and Mary Anne Bain and her husband. Also, he recognized the other Senior Class Officers, Drs. Chris Culp, Craig Fitch, and Dave Reznik. Dr. Winteregg then introduced Dr. Randy Shoup who was to serve as Master of Ceremonies.

Randy began the presentations with a special recognition of Dr. Drexell Boyd. He then presented the "Most Helpful Instructor" awards to faculty members selected from each clinic by the Class of '81. Those receiving the awards included:

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|-------------------------|--------------------------------------|
| Crown & Bridge<br>(tie) | Dr. Donald Nelson<br>Dr. Drew Oldham |
| Complete Denture        | Dr. Tim Turner                       |
| Endodontics             | Dr. Stu Ferguson                     |
| Operative               | Dr. Mike Cochran                     |
| Oral Surgery            | Dr. Jim Dirlam                       |
| Pedodontics             | Dr. James Brown                      |
| Radiology               | Dr. Myron Kasle                      |
| TEAM                    | Dr. Don Tharp                        |
| Oral Diagnosis<br>(tie) | Dr. Byrd Barr<br>Dr. Jack Schaaf     |
| Periodontics            | Dr. Bob Hindman                      |

The class then recognized Dr. Charles Tomich as an outstanding faculty member, and a lively verbal flurry between Chuck and Randy followed at the microphone.

Dr. Norris Richmond received the "Extra-Mile" award for his willingness to help students in the Operative Clinic. He was presented with a step-saving device to be used with future classes.

All of the awards were not presented by the Seniors, however. Three faculty members took the opportunity to present awards of their own. Dr. Myron Kasle presented Randy Shoup with the "Cone-Cutters" award and

Ray Dennany received the "Fixer-Primo" citation for committing the unforgivable radiologic sin of allowing the fixer solution to have first chance at his recently exposed films. Dr. Mike Cochran then presented three awards from the Operative Clinic. Dr. Pete Grubnich received an award for his choice of a carious lesion to be restored in the practical exam. Dr. Glenn Hom gained glory by receiving the "Oriental Politeness" award. Dr. Tom Blake received the coveted "Rona Barrett" award for his meritorious achievements in the maintenance of the Dental School grapevine. Finally, Dr. Larry Ryan presented awards to Randy Shoup and Ed Posluszny for going to the Detroit area. It was never made clear why these two doctors should be honored for this "achievement."

Dr. Shoup then resumed control of the program by presenting the "Almost Made It" awards to faculty members who almost won the "Most Helpful Faculty Member" voting. Gail Williamson from Radiology and Drs. Charles Epperson, Phil Rake, and Ron Johnson from Crown and Bridge received these honors.

"The Best Clinic" Award was presented to the TEAM Clinic. The "Best Clinical Assistants" award was given to the TEAM clinic assistants. These assistants included: Linda Vollmer, Bev Frey, Sally Phillips, Vicki Bowen, Karen Widman, Chris Freeman, Jill Borst, Diana Paul, Deb Evitts, and Jenny Blake. An award was also presented to the "Best Single Assistant" in the School. Andrea Hoberty from the Endodontic Clinic received this honor.

Dr. Sam Patterson received an award from the Senior Class for his ability to survive and contend with the constant onslaught of pulp exposures committed by the Class of '81. The presentation was accepted by his son Steve, who is a member of the graduating class. The award consisted of a bur with an attached horn so that pulp exposures could immediately be located on the clinic floor.

Mr. Bob Richmond and Cal Linton received the "Best Lab Technician" awards. Other faculty members receiving honors included Drs. Jeanny Vickery, Alberto Velasco, and Les Davis. Dr. Chris Miller received the "Unsung Outstanding Faculty Member" award for his excellent Microbiology class and for his monastic existence with the dogs and monkeys on the Fifth Floor. Chris presented his own award to Dr. Tom Prather. Tom was named "Mr. Manikin of the Class of '81" for his unending attention to and care of the CPR manikins.

Dr. Shoup recognized several of his classmates for various achievements. These included Dr. Rich Sherer (Study in Geriatric Dentistry), Dr. Mark Shaffner (Mr. Secret Number), and Dr. Orest Komarnyckyj (Freshman Class President and constant class advocate and spokesman).

The congregation was honored by a visit from Dr. "Brew" Oldham (Dr. Mark Bohnert) of the Texas School of Dentistry. After discussing his dental philosophy with the audience, he presented his solution to the long lines of students waiting for instructors in Crown and Bridge.

Dr. Dale Sorenson recognized the athletic prowess of the Class of '81, noting numerous first place finishes and reporting that the Senior Class was the first class to win the "All Sports Trophy" four years in a row.

The formal portion of the program was concluded with the singing of the class song which was written by Dave Reznik and sung by Karl Keiser. Dancing to music courtesy of KISS 99 and Chuck Crane concluded the evening.

Special plaudits are in order for Dr. Randy Shoup who could compete with the best in the toastmaster (roast master) circuit. Randy's well planned program and the spontaneous continuity with which he executed his delivery more than maintained the attention of his audience, and his occasionally spicy quips kept everyone laughing and some temporarily red-faced.

The foregoing occurrences happened, more or less, the way in which they were described. All the awards and presentations were made, and hopefully received, in good fun. The evening was truly enjoyable. It is only too unfortunate that the friendship, appreciation, and camaraderie could not have occurred sooner between the Class of '81 and the Faculty. In only a few days we shall be saying good-bye to these fine students of Dentistry. We, the faculty and staff of the Dental School, wish these exceptional young dentists the best of luck in their chosen profession.

J.E.S.

NEW OFFICERS HAVE BEEN ELECTED by the Indianapolis section of the American Association for Dental Research, as follows: President, Dr. David M. Dickey; Vice President, Dr. Mark E. Mallatt; Secretary-Treasurer, Dr. David W. Allmann; Councilor, Dr. Chris Miller; Alternate Councilor, Dr. James L. McDonald, Jr. On May 5 members of the local section took part in a joint meeting at Cincinnati of Sections from Ohio, Indiana, and Kentucky.

The Indianapolis Section is sponsoring a rotating series of poster exhibits on research projects that were presented at the International Association for Dental Research meeting in Chicago. The exhibits are in glass cases in the main hall at the north end of the Dental Building.

ON MAY 31 THE ENDODONTIC DEPARTMENT had its annual picnic at Eagle Creek Park, with Dr. Carl Newton in charge of arrangements. Participants ranged from three years of age on up. Volleyball was a major event of the afternoon after a sumptuous pitch-in picnic dinner.

DR. CHARLES TOMICH has been appointed an Examiner for Fellowship in Oral Pathology by the Royal College of Dentists for Canada.

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DR. I. LESTER FURNAS, an alumnus of the Class of 1910, was appointed a Sagamore of the Wabash by Governor Robert Orr during Dr. Furnas's recent visit to the School. A noted prosthodontist and former faculty member here and at Case Western Reserve University, Dr. Furnas now lives in retirement in La Jolla, California. Designation as a Sagamore of the Wabash is the highest award that can be given by the Governor for meritorious service reflecting credit on this state.

THE INDIANA UNIVERSITY PEDODONTIC ALUMNI Association held its Biennial Meeting May 22-24 in Philadelphia, Pa. under the direction of Dr. B. Charles Kerkhove, President and Dr. Burton A. Horwitz, Program Chairman. The American Academy of Pedodontics Annual Meeting was held immediately after the I.U. meeting. Dr. Paul E. Starkey, Professor and Former Chairman of Pedodontics was honored by the I.U. Alumni for his many significant contributions to the specialty and to pedodontic education. As an expression of their appreciation, Association members financed publication of a monograph, "Pulp Therapy in Pedodontics," by Dr. Starkey. The monograph will be placed in dental school libraries and will be available to individuals as a convenient reference text on pulp therapy for primary and young permanent teeth.

The Pedodontic Alumni also honored Dr. J. Barry Burgess, a graduating post-doctoral student, with the Ralph E. McDonald Scholarship Award and the G. R. Baker Memorial Award. Two recent graduates of the I.U. Pedodontic Postdoctoral Program were recognized for outstanding research conducted during their training. Receiving Ralph E. McDonald Research Awards were Dr. James A. Weddell, Assistant Professor of Pedodontics and Acting Director of Riley Dental Clinic at Indiana University, and Dr. Ronald F. Nirschl, Associate Professor and Director of Undergraduate Pedodontics at the University of Pittsburgh.

Seven I.U. Pedodontic Alumni completed requirements for the American Board of Pedodontics during the past year and have been certified as diplomates. They constituted 21% of the total being certified at this time. The Alumni certified were Drs. William E. Alexander, Roland R. Ditto, Clifton O. Dummett, Jr., Robert L. Harmon, David K. Hennon, William A. Keaty, and Jack J. Reynolds, Jr.

Four members of the Pedodontic Alumni Association (Dr. James R. Roche, Chairman; Dr. John R. Mink; Dr. Gerald Z. Wright; and Dr. Brian D. Lee) are currently serving on the seven-member American Board of Pedodontics. A new Board member is elected annually by the Active and Fellow members of the American Academy of Pedodontics and serves for seven years. Another member of the Alumni Association, Dr. Arthur Klein, served as the 1980-81 President of the Association of Pedodontic Diplomates. Dr. Robert J. Musselman, also an alumnus, became President-Elect of the American Academy of Pedodontics.

DR. HAROLD M. FULLMER, Director of the Institute of Dental Research at the University of Alabama, will be one of four persons receiving the Indiana University Distinguished Alumni Service Award on June 14. Dr. Fullmer is a 1944 graduate of I.U.S.D. Previous recipients of the Award include the late Dr. Gerald Timmons, formerly Dean of dentistry at Temple University and Acting Dean here; Dr. Joseph F. Volker, Chancellor of the University of Alabama; and Dr. Joseph C. Muhler, Research Professor of Basic Sciences and Director of the Preventive Dentistry Research Institute.

IN THIS ISSUE OF THE NEWSLETTER, we are pleased to print the second part of Dr. Simon Katz's report on his experiences during a sabbatical year in Spain.

Spain has about 40 million inhabitants and a little less than 4,000 dentists, about one dentist for every 10,000 people. Compare this to 1:1900 in the U.S. and 1:2,300 in the countries of the European Economic Community and you may be getting the picture. To make it a little more vivid, let me add that if all Spaniards were to visit their dentists regularly, the mean available chair time per inhabitant/year would amount to less than nine minutes. Add to the 40 million people mentioned above another 30-35 million tourists who go to Spain every year, and you'll have the entire picture.

The net result of all this can be summarized as follows:

1. More non-dentists (laboratory technicians, quacks and the like) than dentists practice "dentistry" in Spain.
2. There are lines of people waiting for dental services, the fees for which are so high that Spanish practitioners have on the average higher incomes than their American colleagues.
3. The dental health of the population is, in general terms, very poor.

To further compound the situation, the level of dental health education of the population at large is low. More so when the children of the population are considered. ("Why do you want to fix baby teeth when they are going to fall?") Unfortunately, for many people the first permanent molars are also baby teeth.

Surveys during the last few years have consistently shown that only 1 to 5% of dental treatments needed by children are actually performed. To put it more directly, 91 to 95 out of every 100 carious teeth in children are left to deteriorate to the point where extraction is the only possible solution.

The remedy to this situation is not simple, and must include long-term measures such as increasing the available dental manpower, creating auxiliary professions, and improving the level of health education of the people. Until this happens -- and it may take many, many years -- immediate action is needed to decrease the incidence of dental diseases via prevention. As is true everywhere -- and even more so in Spain due to the scarcity of resources -- the best approach is fluoridation of communal water supplies. However, there is a catch. For reasons that do not need to be discussed here, fluoridation is not popular in Europe, and Spain is no exception. To a large extent, resistance to fluoridation stems from inadequate knowledge of the basic characteristics of the procedure, particularly safety and economy. There are also dentists who fear that fluoridation will take their business away!!

Be that as it may, the fact remains that fluoridation is resisted by many members of the Spanish dental profession. So, when in a previous visit to the country I was invited to talk to the members of the Seville College of Dentists about mass preventive procedures, I decided to present fluoridation as the best, but certainly not the only option available to them. Weekly sodium fluoride rinses in School were presented as another very reasonable alternative. My strategy in doing this was simple. From talks with Spanish colleagues I knew that they felt that something had to be done, and done soon. The contrast between their very high incomes and the poor health conditions of the people was creating an image problem that they wanted to correct. In the extremely politicized post-Franco Spain, such an image could bring political action against the manner of free professional practice that they so ardently wanted to maintain.

Therefore, my thinking went, if they reject water fluoridation, and that is likely to happen, they will have to pick up the rinses because, as already said, something had to be done. Well, it didn't work that way. What I had not taken into account was that the audience included three pioneers, two of whom had been introduced to the advantages of fluoridation during a course I had given the preceding week. They thought that if fluoridation was the best, then fluoridation had to be. And to learn more about it, they asked lots of questions and also asked me to send written material on the subject. They obtained additional information from the World Health Organization.

One of these pioneers, Dr. Anibal Gonzalez Serrano, started a personal crusade for fluoridation. His wife was born in El Pedroso (Rocky Town), a little mountainous town about 40 miles from Seville. His father-in-law was the village physician. And he knew everybody in town. He also had a tremendous enthusiasm, and knew first hand the dental condition of the El Pedroso children, whom he had examined at school in preparation for a thesis.

Anibal started his campaign by talking to the mayor, school principal, teachers, and members of the Town Council. He approached them not just as city or school officers, but as parents as well. "Listen," he would say to the mayor, "it's your children's teeth we are talking about. It is also your children's children's teeth. Besides, can you think of the political master stroke you would score if El Pedroso becomes the first fluoridated community in all of Spain?"

Anibal and his friends, Dr. Manuel Luque -- Manolo, for us -- and Dr. Cesar Herrera, president of the Seville College of Dentists, talked also to neighbors and neighborhood groups, as well as to politicians of different parties. "It took a lot of pestering them," Anibal chuckled once, "They nicknamed me "ol pesao" (the heavy one), but it was worth it."

A few things remained to be done. One was to obtain government approval, and that was not difficult because the regional delegate of the Health Ministry was a professor of Preventive Medicine at the Seville Medical School who knew what fluoridation was about and was all for it. Another point was to obtain funds for the project. Some money was appropriated by the town, but I learned that a major portion was contributed personally

by the three fluoridation pioneers I mentioned earlier and several of their colleagues. Finally, the monitoring of fluoride levels in the communal water supply after fluoridation was undertaken as a volunteer project by the College of Pharmacists of Seville. And so, on February 16, 1980, El Pedroso entered the public health map of the world by being the first fluoridated town in Spain. And that was the way it was.

The dedication ceremony of the first Spanish fluoridation plant took place in El Pedroso in the presence of the Civil Governor of the Province of Seville, the mayor, civil and military authorities, and neighbors. The installation was blessed by the Parish Priest and was followed by a luncheon in which fluoridated water (and perhaps unfluoridated wine) was served. The preceding night there was an academic function in Seville, sponsored by the Town Council of El Pedroso. I had the honor of delivering a speech on "The Advantages of Fluoridation." As a reward for my effort in favor of fluoridation, the Seville College of Dentists presented me with a beautiful silver plaque with the inscription:

To Simon Katz

Promoter of Fluoridation in Seville

It is a present that I will treasure all my life, and if in fact I deserved it, it was exclusively on the basis of the education I received at our School.

The political savvy of Dr. Cesar Herrera, president of the Seville College of Dentists, became obvious to me during the dedication ceremonies of the fluoridation plant in El Pedroso. He sent, or had someone send, invitations to the mayors of neighboring communities. During the function he gave the mayor of El Pedroso a beautiful diploma awarding his honorary membership in the College. At the end of the celebrations he would approach the other mayors and ask, with a wink: "Are you going to let them have fluoridation and not try to get it for your town?" And that is how before I left Spain there were three fluoridation plants in the Province of Seville, and plans for the fluoridation of the capital city -- one million people -- were well underway.

THE FOLLOWING IS SEASONAL ADVICE from the "Age Page" published by the National Institute on Aging and passed along to the Newsletter by Dr. William Borman:

Consumers spend millions of dollars each year on wrinkle cream, skin bleaches to fade "age spots," oils, and other cosmetics in order to keep their skin looking young. At the same time, they spend not only money but countless hours trying to tan their skin, in the belief that a tan will make them look healthy and more attractive. Unfortunately, most people do not realize that long periods of sun exposure are the major reason their skin looks wrinkled before old age. Signs of aging rarely appear in protected skin until sometime after age 50, and even then aging progresses very slowly.

Untraviolet radiation from the sun causes long-term damage to the skin even if the skin does not appear to burn..... Sunlamps also deliver a strong dose of UV radiation. Dermatologists agree that sunlamps and tanning salons produce skin damage and warn that they must be used with great caution.

An estimated 300,000 cases of skin cancer each year result from overexposure to the sun over a period of years. Skin cancer is easily cured in most cases when detected early. However, it often recurs if prolonged sun exposure continues. The best way to guard against the harmful effects of overexposure to the sun's rays is to take protective measures. Sunbathing in early morning or late afternoon is less damaging to the skin than in the middle of the day.....The face and neck can be somewhat protected by hats. The best protection is to apply a sunscreen to all skin that is not covered by clothing (sunscreens are oils, creams, gels or lotions that absorb or scatter UV light.....

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