

NOVEMBER-DECEMBER 1977

A MEETING ON MEXICO'S YUCATAN PENINSULA almost two years ago between an official of the Indiana University School of Dentistry and the president of the Mexican Dental Association recently led to a unique experience in continuing education with an international flavor.

The specially tailored program, designed by Dr. Robert H. Derry, Director of Continuing Education at the I.U. Dental School, was presented to 12,000 Mexican dentists from Oct. 30-Nov. 2 at the Annual Congress of the Mexican Dental Association (MDA) in Mexico City. The entire scientific program at the Congress was conducted by 10 faculty members of the Dental School.

Dr. Saul Rotberg, MDA president, said it was the largest turnout in the history of the Congress and expressed deep appreciation to the I.U. representatives.

In January, 1976, Dr. Rotberg had contacted Dr. Derry during the visit of an I.U. group to Cancun on the Yucatan Peninsula and requested that a wide-ranging educational program on modern dentistry be offered at a national meeting. Dr. Derry took it from there.

At the closing session of the Congress, Dean Ralph E. McDonald thanked the Mexican officials for inviting the Indiana group and spoke of the large number of Mexican dentists who have received advanced training at Indiana University. He expressed the hope that the Mexico City program would benefit Mexican dentistry throughout the country.

In addition to Dean McDonald and Dr. Derry, the I.U. faculty group included Drs. Donald M. Cunningham, Charles J. Goodacre, Charles E. Hutton, Melvin R. Lund, Samuel S. Patterson, Ralph W. Phillips, Paul E. Starkey, and Henry M. Swenson.

DR. MYRON J. KASLE, Chairman of the Department of Radiology and Chairman of the Student Affairs Committee of the Faculty Council, provided the Newsletter with the following account of a recent event:

On November 5, another successful Dental Day Program was held at the Dental School. The program was organized by first year dental student Mark Bohnert. He was assisted by a large group of dental hygiene and assisting students. Predental students and other interested undergraduate students were invited to attend this open house program.

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The program opened with brief presentations by several faculty members and students. Drs. Myron Kasle, Chris Miller, Dave Allmann and Will Campbell spoke about various subjects such as admission policies, the interview, and dental curriculum.

After an hour of fielding questions from an audience of approximately 200 students, all adjourned for a coffee break. Dental students then gave demonstrations of various dental techniques. From 11:00 A.M. to 12:30 P.M. the visiting students were conducted on guided tours of the various clinical areas.

Those who attended agreed that the program was very well organized and worthwhile. The dental students who were involved are commended for such a fine program. We hope the program continues in the future. Incidentally, several parents were present and indicated that they were very pleased with the program.

TWO SCHOOL OF DENTISTRY FACULTY MEMBERS, Dr. William Borman and Miss Shermie Schafer, took part in the recent Governor's Conference on Aging, held Oct. 23-25 at the Atkinson Hotel. They were panelists for a section of the program entitled "From the Neck Up," which dealt particularly with oral health problems and problems affecting the eyes. The Conference was the 21st in the series and drew a record crowd of 1400 elderly Indiana residents and others interested in their concerns.

FROM THE OFFICE OF DR. ROBERT L. BOGAN, Associate Dean, comes this reminder on the posting of notices and signs in the Dental School building. Notices of interest to specific classes, or to students in general, should be posted in the cases in the basement. Tackboards are also available in each locker room.

Clipboards are provided in Elevator C for posters and notices of general interest, and bulletin boards are located in each departmental area.

Dental School personnel are asked not to tape posters or signs on other surfaces throughout the building. The use of adhesives, particularly Scotch tape, defaces the walls and damages painted surfaces. Your cooperation is requested in observing this policy.

DR. MAYNARD K. HINE, Special Consultant to President Ryan and former Dean of the Dental School, recently returned from South Africa where he spoke before the Fifth International Congress of the Dental Association of South Africa. He reported that the scenery was magnificent, but the social, economic, and health problems most complex. Dr. Hine's travels in his capacity as President of Federation Dentaire Internationale have also taken him to Japan and Canada in recent months.

DR. RALPH W. PHILLIPS, Associate Dean for Research, recently received the Henry Spenadel Award from the First District Dental Society of New York in New York City. The group, which is the largest component dental society in the nation, presents the award each year to a person who has made an outstanding contribution to the dental profession and to the welfare of the public.

TWO LARGE COMPONENTS OF THE American Association of Dental Schools were guests of the Dental School recently at separate meetings in Indianapolis. The occasions were the Annual Interim Meeting of the Council on Faculties, chaired by Dr. David Avery, Chairman of Pedodontics; and the Regional meeting of the North Central Section on Business and Financial Administration of the AADS, with Mr. Michael Curtis, Assistant to the Dean, as host.

DR. LYNN THOMAS, Class of 1977, has won first prize of \$100 in the Annual Essay Contest of the American Academy of the History of Dentistry. Dr. Thomas, who now practices in Elkhart, received the award for his paper on "The Dental Aspects of the Compositiones Medicamentorum of Scribonius Largus: A Glimpse of Dental Treatment in the First Century A.D." The volume by Scribonius Largus, a Roman physician, contains 271 chapters about medicine, mostly in the form of prescriptions, and includes 10 chapters dealing with the teeth and gingiva. Dr. Thomas notes that the author apparently was a highly motivated and skilled doctor, and would do almost anything to save a tooth. Scribonius is quoted as follows:

For toothache, although many say that forceps are the remedy, nevertheless, I know many things that have been useful without this necessity. Therefore, even when the tooth is partially destroyed [from caries] I did not recommend that it must be pulled, but the bad part must be cut out with a medical chisel, by which it can be excavated, because this can be done without any pain: for the remaining solid part of the tooth, there will present a good appearance and use of the tooth. But when the ache will become very painful, by various methods it must be soothed, partly by rinses, partly by masticatories, sometimes with suffusions or direct applications of other medicaments.

Scribonius also described a number of remedies for toothache and diseased gums, as well as various dentifrices used at the time. One dentifrice that was said to beautify the teeth as well as strengthen them was made by mixing barley flour with honey and vinegar, kneading it, and dividing it into little balls. To each ball salt was added, and the balls were burned over charcoal, cleansed, and mixed with enough of the fragrant oil spikenard to provide an agreeable fragrance. This was used by Octavia, the sister of Augustus.

In another dentifrice, dried radish skins were crushed and passed through a sieve, while a third dentifrice consisted of finely ground white glass mixed with spikenard...Messaline, wife of the Emperor Claudius, reportedly used the following dentifrice: 3 ounces of stag's horns burned in an earthenware pot and reduced to ashes, an ounce of mastic of Chios, and 1 1/2 ounces of sal ammoniac.

Dr. Thomas cites the various prescriptions as evidence that dental caries and periodontal disease were fairly common in Rome during the first century. Also, the number of prescriptions for dentifrices indicates that Romans, at least those of the upper class, were concerned about the health and appearance of their teeth. It also appears that certain of Scribonius' remedies may have been somewhat effective in treating oral problems.

A copy of Dr. Thomas's prize-winning paper, which includes the complete text of the dental prescriptions, is in the Dental School Library.

MEMO TO FOURTH YEAR STUDENTS....In connection with the Senior Essay requirement, you are informed that the Block Drug Co. Award for the best senior essay this year will be \$200 cash, instead of the \$100 awarded for the past several years.

THE DEPARTMENT OF PERIODONTOLOGY was well represented on the program of the recent Annual Meeting of the American Academy of Periodontology in Boston. Dr. Timothy J. O'Leary, Professor and Chairman of the Graduate Program in Periodontics, received the Academy's Gold Medal Award for outstanding contributions to periodontology and also presented a paper at a symposium on "Criteria for Success in Periodontal Therapy." Dr. Eiji Funakoshi, Associate Professor, presented a paper on "Flap Technique and Suturing." Dr. William A. Jones, who received his M.S.D. in Periodontics last spring and is now teaching at the University of British Columbia, won second honors in the Orban Memorial Competition for graduate student research.

DR. JAMES E. VAUGHT, Assistant Dean for Dental Auxiliary Education, has been inducted into the American College of Dentists.

MRS. BARBARA MORINE, from the Student Office, wishes to thank the staff and faculty who were kind enough to send cards and Mass offerings to her and her family on the recent death of her father.

DR. DONALD E. ARENS, Associate Professor of Endodontics, addressed the Coolidge Study Club of Chicago on September 29. His subject was "Pathways of Infection." On October 27, 1977, Dr. Arens spoke at the University of Michigan to the Ralph Summers Endodontic Study Club at an all-day meeting.

THE DEPARTMENT OF CONTINUING EDUCATION, headed by Dr. Robert H. Derry, was awarded First Prize for its scientific and educational exhibit at the Annual Convention of the American Dental Association in Miami Beach. The exhibit was designed and executed by Mrs. Evangeline Tarquinio of the Instructional Development Department. During the two previous years the IUSD Continuing Education exhibit had received Second Place honors in the national competition.

DR. MYRON J. KASLE, Professor and Chairman of Radiology, was elected as one of the 38 Fellows of the American Academy of Dental Radiology, at the recent annual meeting in Miami.

THE INDIANA ORAL CANCER BULLETIN is published by the Department of Oral Pathology under a grant from the National Cancer Institute to serve area dentists in their fight against cancer. A recent issue of the publication, edited by Dr. William G. Shafer, Distinguished Professor and Chairman of Oral Pathology, carried the following eight tips on how to quit cigarette smoking:

1. Smoke one less cigarette each day.
2. Make each cigarette a special decision - and put off making the decision.
3. Don't give up cigarettes - completely. Carry one with you in case of need. You'll find you're saving it - permanently.
4. Don't quit "forever" - just stop for a day - and tomorrow try it for another day and tomorrow, and tomorrow.
5. Tell your friends and family you're quitting. A public commitment bolsters will power.
6. Pick Q (quit) Day - and quit!
7. Hide all evidence of cigarettes, ashtrays, matches, etc., so you aren't reminded of your habit.
8. Lay in a supply of chewing gum, cough drops, carrot sticks, etc.

DR. GLEN O. SAGRAVES, Director of Curriculum Development, recently was inducted into the International College of Dentists.

DR. LOUIS W. RIPA, Professor and Chairman of the Department of Children's Dentistry at State University of New York at Stony Brook, visited the School of Dentistry November 7 and 8 and presented a lecture entitled "Self Application of Topical Fluoride Technics - Use in Dental Practice and Public Health Programs."

DR. CHRIS H. MILLER, Associate Professor of Oral Microbiology, received a 2-year research grant for \$41,300 from the National Institute of Dental Research to study the mechanisms of plaque formation by Actinomyces naeslundii. He has also served on a site visiting team appointed by the NIDR to review the progress of the NIDR-supported Dental Research Center at the University of Alabama in Birmingham, October 31-November 3.

Dr. Miller was presented with an Honorary Alumnus award at the Annual Fall Conference of the I.U.S.D. Alumni Association on September 23. Of that honor he said: "I would like to state that I'm especially proud of this award because it comes from individuals for whom I have the greatest respect."

Two others who received Honorary Alumnus Awards were Dr. Meryl Englander and Dr. R. Bruce McQuigg, Professors of Education on the Bloomington campus. They were recognized for their many contributions to dental education, including their education courses for graduate students, their participation in Teaching Conferences and their consulting services.

THE FOLLOWING ARTICLE BY TIM CARLSON, Fourth Year Dental Student, was written at the request of the Newsletter:

For three weeks in July and August, my wife and I had the privilege of treating patients in the dental and medical clinic of a mission in Haiti. Haiti occupies the western third of Hispaniola, an island in the West Indies which is slightly southeast of Cuba. The island is very mountainous, and beautiful in its rugged terrain and numerous quiet coves and beaches.

Even in a short time, we learned a real appreciation for the Haitian culture and people, who are mostly descendants of African slaves brought to the new world in the 1700's to work French plantations. We found the Haitians to be very friendly, courteous and appreciative of whatever treatment we could give. Because there is very little violent crime, we felt safe to walk wherever we wanted alone, even at night, which is a pleasant change from many areas in America.

Haiti is a densely populated nation, with about five million residents (which is nearly identical to the population of Indiana) living in a space about the size of Maryland. Most of the people are occupied with small-scale farming and fishing. There has been severe erosion caused by deforestation which complicates agriculture. The minimum wage is about \$1.30 per day for those who can find work, but that is not plentiful.

The basic diet tends to be starchy, with rice and beans being staple items. Fish and poultry provide some protein, there is little beef, and milk is often sold for cash rather than being used at home.

Roman Catholicism was brought to Haiti early, but this has become mixed to varying degrees with voodoo practices which are widespread, especially in rural areas. Evangelical Protestant churches are growing, and the good news that God is love is a refreshing fact compared to the mysticism and fear surrounding many folk beliefs.

The official language is French, but most people speak Creole and a number of residents speak other languages to varying degrees, including English, Spanish and French. Education of all types is needed throughout Haiti. In the cities a high percentage of the children attend either government-supported or church-supported schools. However, only about one-fifth of the population live in urban areas, and when you consider all the adults who haven't had any education, the literacy estimate drops to ten percent.

There is an elite sector of the population which is reasonably wealthy and well educated (many in foreign schools). Members of this group, approximately ten percent of the population, have fine homes and automobiles and most of the conveniences Americans take for granted. In general, the comments made here refer to the common people whom we treated every day.

In the clinic I worked closely with Dr. Virgil Ullom, a 1971 graduate of Indiana University School of Dentistry. The compound where the clinic is located is an outreach of O.M.S. International, an interdenominational evangelical missionary group with headquarters in Greenwood, Indiana. Besides the dental and medical outpatient clinics, there is a small inpatient obstetric unit, a radio station broadcasting in four languages, an agriculture program, an American school for the missionary children, a vocational school for Haitian students, and a Bible school to train Haitian pastors. This is all located a few miles outside of Cap Haitien, a city of 35,000 on the northern coast of Haiti.

A typical day starts with about 150 medical and dental patients gathering in the chapel at 7:15 A.M. There a Haitian pastor tells them, in Creole, the Good News about Jesus Christ. At 7:45 the dental staff (doctors, Haitian assistants, hygienists, desk clerk and sterilization assistant) gather for devotions before the patients come in at 8:00. We would see patients until we were finished, usually between 1:30 to 4:00 in the afternoon. On short days we would work straight through, on longer days we took an hour for lunch. I usually treated from six to twelve patients each day, which is a slight change from dental school!

I treated mostly routine restorative and some perio patients. Dr. Ullom and Dr. Dortalus treated the oral surgery and diagnostic problem cases which required more fluent use of the Creole language.

It is interesting to note the type of restorations required in Haiti. Because the patients don't eat a large amount of refined sugars, there are very few Class II lesions. There are many Class I's, however, and many were quite extensive by the time we saw them. Far more common than Class II lesions were Class III's. Many patients would come in with large anterior interproximal decayed areas even if their molars were only slightly affected.

The clinic wasn't able to do any gold restorations yet, but Dr. Ullom hopes to obtain gold casting equipment, especially to protect anterior teeth that have had endodontic treatment. Replacement of missing teeth is frequently accomplished by using flipper type partial dentures. This unfortunately can cause more problems than it solves, but it is unrealistic to send cases all the way to the States to get frameworks constructed.

Before going to Haiti I thought dental treatment there would consist mainly of extractions, but I was happy to find that Dr. Ullom operates a very preventive and restorative clinic. Every patient receives a brush and oral hygiene instruction with a disclosing agent, and a prophylaxis before restorative treatment is started.

The clinic was designed and built by Dr. Ullom, who was a union carpenter before becoming a dentist. Besides the reception room and office, there is a hygiene room with a Cavitron and typical plumbing, one old operatory that is now used for oral surgery and perio, an unplumbed room for radiographs and minor oral surgery, and two fine operatories with contoured chairs, Adec carts with dual high speeds and high speed evacuation, and full-time assistants. Most of the older equipment was donated, but the newer units were purchased with special funds Dr. Ullom raised in the United States last year. Numbers aren't really important, but to illustrate the advantage of having full-time assistants, in three weeks I was able to place nearly twice as many amalgams and resins as is the requirement for graduation in operative clinic.

My wife, who is a registered nurse, also kept busy. She worked in the pharmacy in the medical clinic dispensing a variety of drugs and medications. With some French that she had learned, it was easy for her to pick up enough phrases to describe the medications to the patients. The Spanish I had learned a long time ago didn't help much, but the staff had a great time trying to teach me a little Creole.

This summer I met and worked with Dr. Jocelyn Dortelus, who had been at the clinic for two years in a government service program after finishing dental school in Haiti. He and his wife are in Indianapolis now while he is spending a year at Indiana University School of Dentistry to learn more about American dentistry.

We did work hard in Haiti, but we had time to relax too. During the three weeks we were able to go to several different quiet beaches. Swimming in the pleasant Caribbean and snorkeling among live coral and tropical fish was really great! We were able to shop at the market several times, as well as just roam around downtown Cap Haitien ruins and fortresses.

This summer was a great experience for us personally besides being an excellent dental education. I would strongly encourage anyone interested in extramural experiences of this sort to use any opportunities presented to them. Dr. Ullom's address and clinic description are on page 70 of the extramural program booklet.

MORE TRAVEL NOTES....At the request of the Newsletter, Mrs. Helen Campbell provided the following comments on her recent visit to the Southwest:

The mass ascension of over 200 hot-air balloons at 7:30 a.m. on a crisp Sunday morning in October climaxed the sixth annual Balloon Festival in Albuquerque, New Mexico. The 1976 event had so impressed my daughter and son-in-law, who live in Albuquerque, that they urged my husband and me to attend the 1977 Festival from October 8-16. Our final arrangements put us in Albuquerque on October 10 and we were lucky enough to see a balloon landing beside the highway on our way into town from the airport. The cool air of early morning or late afternoon provides the best condition for "ballooning" and the entire week was a series of races like the "hare and hound" in which a single balloon inflated and took off, with others following. The balloon landing nearest the lead balloon was the winner of that particular event. Since the height at which the balloon "flies" is the only control the pilot has (wind currents determine direction, drift, etc.), the balloons eventually land in all sections of Albuquerque at some time during the Festival. Even the Airport controllers remained in good humor the day the wind drifted the balloons into the landing pattern for descending aircraft. The only disgruntled people in the area were the military police at Kirtland Air Force Base who took a dim view of these "enemy" craft alighting on the military reservation!

While the races continued, we rented a car and took a 900 mile tour to Carlsbad Caverns, the Living Desert State Park, the Lincoln National Forest, White Sands National Monument and Bosque National Wildlife Refuge. The formation of caves has always fascinated us and Carlsbad was an incredible experience. As opposed to the continuing growth of stalactites and stalagmites in Ruby Falls at Lookout Mountain, Tennessee, and Mammoth Cave in Kentucky, Carlsbad has only one "living" stalagmite, but it is growing only the thickness of a coat of paint in every 80 years.

The Living Desert is a botanical and zoological garden just north of Carlsbad, owned by the State and using much volunteer assistance from the residents of Carlsbad. Native wildlife is exhibited, and many of the specimens are injured animals on their way to being returned to their wild state. All the cacti are plainly marked, and if you admire them this is clearly the place to see them all. The route from Carlsbad to Alamogordo climbs so subtly that it is a surprise when you start down from the ski area at Cloudcroft and find the road peppered with signs such as "6% downgrade next 10 miles" and "Truck escape 2 miles." The geology of the area and the reality of the tremendous forces which shaped the fault between the Sacramento Mountains and the San Andres Mountains is awe-inspiring. In the basin between these two ranges is the White Sands National Monument with dunes which are pure white and constantly moving. Visitors are encouraged to leave their cars on the wide parking areas and climb the dunes, but it seemed sacrilegious to me to see footprints on that pristine whiteness formed by the restless winds.

After a drive through the Bosque del Apache Wildlife Refuge and a breathtaking view of a huge millet field crowded with sandhill cranes, we were back in Albuquerque for Saturday's event -- an attempt to maneuver a balloon over the crest of the Sandia Mountains, 11,000+ ft., northeast of the city (three of them made it) and Sunday's mass ascension.

For the Sunday show we had to get up at 5 a.m. (it seemed a bit idiotic at the time) and join a long line of autos heading for a suburban field, there to be parked as close as sardines in a can before picking our way among some 200 deflated balloons stretched out on the ground, ready for the fans and heaters to be turned on as soon as the sun peered over the Sandias. In a matter of an hour the 200 balloons were inflated, the two-person teams hopped in the now perpendicular gondolas, the lines were released by the ground crews and the balloons were drifting above the crowd. By the time the sky was dotted with all the colors of the hot-air balloons, I was ready to admit that it was one of the most fantastic events I have ever seen.

Just to keep the record straight, I did see the new addition to the University of New Mexico School of Law Library and toured the School of Medicine Library which was dedicated earlier in October. My vacation wasn't all balloons and geology.

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