

# Daily Fluoride pill program starts in NSB



Dear Friends:

Fall is the start of a new school year and we would like to welcome all of you back.

We are very pleased to announce the association of Dr. Carol Saburomaru into the practice. Dr. Saburomaru (Dr. Sabu to friends and patients) hails from San Francisco and is a graduate from the University of the Pacific Dental School. She is also a commissioned officer in the National Health Service Corps. Dr. Sabu will be with us for two years and the NSB Dental Clinic is very proud to have her.

Another exciting addition to our staff is Sharon McCracken. Sharon is our dental hygienist. She has been a practicing hygienist in Utah for the past two years and is a graduate of Weber State Col-

lege School of Dental Hygiene.

Sharon is available on each Thursday of the month to provide scaling, cleaning of teeth, and oral hygiene instruction. You'll be seeing Sharon a lot in the schools this year as she will be coordinating our Fluoride Rinse Program and introducing our Fluoride Tablet Program.

Sadly we must say goodbye to Dr. Tom Maier. Dr. Maier has been working in Barrow for the past two years and deserves a cheer for his hard work and determination. We will miss his good humor and company. The whole dental staff wishes him success in his new practice in Colorado and congratulations on a job well done.

## NEW PROGRAMS

We would like to provide some information to our patients about some of our new programs. As you already know from the past year, a weekly-fluoride "rinse" program has been working in the Fred Ipalook Elementary School.

This year we are introducing the daily fluoride tablet program to the school. As many of the parents of Barrow will come to the dental clinic for the fluoride tablets, and know the benefits, we are proud to start the program in the schools for the benefit of all our children.

Since we have an opportu-

ity to reach so many people through the newsletter, we would like to include some dental facts about fluoride and prevention of dental decay. I think it is important to explain why prevention is important.

Dental caries (tooth decay) ranks among the most prevalent diseases in our society. It starts soon after primary teeth erupt in early childhood and can continue throughout adulthood. Few individuals escape this disease which is the leading cause of tooth loss before age 35. Yet much dental decay goes untreated because less than half of the population receives dental care in any given year.

Today we know that the disease can be prevented. The process of tooth decay requires essentially three factors: 1) A susceptible tooth, 2) certain bacteria, 3) certain foods (particularly sugars) in the diet. In brief, bacteria on teeth produce acid by fermenting carbohydrates, especially sugars.

The acid dissolves mineral from the surface of the tooth until a cavity is formed. Efforts to prevent tooth decay attempt to eliminate one or more of the causative factors by making the tooth more resistant, by inhibiting bacterial growth (dental plaque) on the teeth, or by decreasing the acid-forming potential of the diet or modifying eating habits.

Teeth can be made more resistant to decay by consuming fluorides during the period of tooth formation (Systemic Application) and by placing fluoride directly on the teeth (topical application).

Methods to inhibit or control bacteria in the mouth include the use of fluoride as an antibacterial agent and mechanical daily removal of dental plaque with a toothbrush and dental floss by the

## WANTED FOR STEALING



## "SUGAR BOWL" PETE

Not: white bread, No: soda, Soft drink, doughnut  
Eyebrows: shaving gum, Mustache: pie, Gum: soda pop gum  
Eyes: gum drops, Cigar: candy stick, Ears: bubble

Who is "Sugar Bowl" Pete? Why is he your enemy? Look carefully... the things you see in his picture rob you of beautiful, healthy teeth. They are thieves. They kill your smile... destroy your teeth... steal your health. Don't let "Sugar Bowl" Pete do that to YOU! Join the SHERIFF'S POSSE and help capture "Sugar Bowl" by remembering - "Sweeten" harm your teeth!

individual.

Until acceptable alternative sweeteners that do not contribute to dental decay are developed, reducing the frequency of eating sweets is the only way of controlling the dietary factor.

## ACTION OF FLUORIDE

Today, fluoride remains the most effective weapon to combat tooth decay. Years of research indicate that both systemically and topically applied fluorides make teeth less susceptible to decay in at least three ways.

- (1) When fluoride is incorporated into the enamel of developing teeth prior to eruption, the resultant fluoride rich enamel is more resistant to acid attack than fluoride deficient enamel.
- (2) When fluoride is applied topically to erupted teeth, the fluoride helps to counteract acid attacks that remove minerals from enamel by promoting the remineralization of the enamel.

"Almost everything dentists do is too late!" Damage has already been done. That's the case in root canal therapy, restoring teeth with fillings, dentures, crown and bridge construction, gum surgery, extrac-

tions... the list goes on and on. almost everything dentists are called upon to do has to do with repairs. It's really treating the effects of breakdown instead of attending to the causes.

Repairs are necessary, but - TREATING WITHOUT PREVENTING IS LIKE CHASING WITHOUT CATCHING.

Rarely can dental treatment equal that which nature originally provided. And unless the cause is attended to first, repairs are only for a little while. People have been going to dentists all their lives, and yet one out of four adults has no teeth in one or both jaws.

It's too late to prevent when the ship is already sinking.

We're here to help you.

We'll the point the way to better oral hygiene, better nutrition, less stress, and higher resistance to disease.

But prevention is really up to you. Let's think about keeping the ship afloat and cruising.

Staff: North Slope Borough Dental Clinic

Dennis Dussman DMD, Director, Lonn Robertson DMD, Carol Saburomaru DDS, Mabel Panigeo OM, Lorena Ningeok, Sharon Downey, Sharon McCracken RDH.



Happy Tooth Says:  
Ignore Your Teeth  
And They Will Go Away!