

# Your Dental Health

The contents of this series of "Dental Health Talks" was originally prepared by the American Dental Association. They are made available for Tundra Times through the Public Health Education Office of the Alaska Native Health Service.

It is well known that our dental health program in Interior Alaska has not yet reached everyone needing dental services. This is especially true about the people in the rural communities. However, everyone understands how important it is to take care of our teeth which is a part of our total well-being.

No. 14 - Dentifrices

Much has been written and said recently about abrasiveness of toothpastes. Toothpastes must have some degree of abrasiveness to enable them to assist the brush in removing plaque and stains. If only a slight degree of abrasion is necessary to keep teeth from staining, baking soda can be used.

It is known that excessively abrasive toothpastes may be harmful to softer tissues of exposed root surfaces and restorative materials. For any one individual, the most desirable toothpaste is the one which is abrasive enough to prevent plaque and stain accumulation but not so harsh that it injures teeth or gums.

The family dentist can recommend toothpastes that are within the proper range of abrasiveness, based on the patient's individual needs.

Some toothpastes can do more than serve as an aid to mouth cleanliness. There are several toothpastes that offer proven decay-preventing benefits. They are fluoride toothpastes.

The American Dental Association continually evaluates commercial toothpastes. The Association's Council on Dental Therapeutics permits the use of its seal and acceptance statement on products that have proven in clinical studies their effectiveness in reducing tooth decay.

It should be emphasized, so there is no misunderstanding, that fluoride toothpastes are not a substitute for the fluoridation of community drinking water. Water fluoridation has been shown to reduce dental decay by as much as 65 per cent. Used together, fluoridated water and an accepted fluoride toothpaste can have a compounded value in reducing dental decay.

Burned egg shells, stags' horns, mice, lizards and flour of pumice - this was the recipe

for one of the first "tooth-pastes" formulated by the Romans.

The ancient Greeks and Hebrews, as well as the Romans, are known to have cleaned their teeth with toothpicks, chew sticks and sponges.

In the Fifth Century, a dentifrice used to correct halitosis (mouth odor) was the ashes of a rabbit head and three mice mixed with an equal amount of marble dust, all of which was moistened with water.

Today's modern dentifrices are in two forms, paste and powder. Pastes are by far the most popular and widely used.

Thorough cleaning of teeth helps control the buildup of dental plaque - a sticky, almost colorless film that forms continuously on teeth and which leads to both decay and gum disease. To aid in the prevention of these diseases, bacterial plaque should be removed from all tooth surfaces using dental floss and a toothbrush a minimum of once a day. For some people, more frequent removal may be recommended by their dentist.

While dental decay is the major cause of tooth damage and loss among children and young adults, gum diseases - known also as periodontal diseases - are the major cause of tooth loss among adults. Inadequate oral hygiene, particularly the accumulation and mineralization of bacterial plaque, is an important factor in the cause of periodontal disease just as it is in tooth decay.

Toothpastes, by themselves, can do very little to clean teeth. Removal of plaque and stains is mainly through the action of dental floss and the toothbrush. Yet, toothpastes can enhance scrubbing power and make toothbrushing more pleasant.

(Next article: "What Not To Do for a Toothache")

## Nels Anderson Files for House

Nels A. Anderson, Jr., executive director of the Bristol Bay Native Corporation, has announced that he is a Democratic candidate for the District 16 Alaska State House of Representative seat.

Anderson, also chairman of the Board of the Alaska Federation of Natives, Inc., stated that the job of representative is a challenge that cannot be taken lightly as Alaska moves into extensive development of its resources.

Anderson stated that the primary issue that needs to be addressed is the current plight of the Bristol Bay Fishermen who have been ignored by the State of Alaska and the federal government.

"The residents of the Bristol Bay Region are going to face a bleak future if the responsible state and federal agencies do not seriously consider declaring the Bay a disaster area. This action will allow the state and federal agencies to move into the Bay area and provide some relief caused by the lack of fishing activity."

Other issues on which he will concentrate are communications, salmon rehabilitation programs, planning grants for regional and village corporations, economic development planning designed to provide another economic base for residents of House District 16.

Anderson said his concern will be for issues that affect the people of the 16th District.

When asked if he expects a difficult campaign, Anderson remarked, "It is always difficult to unseat an incumbent. I hope that all of my promised support will come in the form of money and votes which are vitally needed to activate and win a political campaign."

## CLASSIFIED

### HELP WANTED

POSITION VACANCY ANNOUNCEMENT  
TITLE: Talent Search Field Counselor Coordinator  
WHERE: Alaska Federation of Natives, Inc.  
AVAILABLE: After July 1, 1974  
RESPONSIBILITY: Supervise six University Year for Action Volunteers in administering the Talent Search Program and assisting the Upward Bound programs. Orient volunteers to all education opportunities, materials, application procedures to colleges, universities, vocational schools, financial aids. Be able to work with universities, community leaders, and the low income population of Alaska. Some travel involved.  
QUALIFICATIONS: A college education is required with preference to someone with previous counseling experience and administrative abilities. Prefer Alaska Native descent with the ability to relate to rural community leaders, university officials, students and have personal experience traveling throughout Alaska. Previous experience in Trio Programs or similar type programs is desirable.

SALARY AND FRINGE BENEFITS: \$11,000-\$13,000-Negotiable  
CONTACT: OR SUBMIT RESUME TO: John A. Reimer, Statewide Director, Alaska Student Higher Education Services, AFN, Inc. - 1675 "C" Street, Anchorage, Alaska 99501

APPLICATION DEADLINE: June 28, 1974

## LEGAL NOTICE

INVITATION FOR BIDS  
STATE OF ALASKA  
DEPARTMENT OF HIGHWAYS  
Sealed bids in single copy for furnishing all labor, materials and equipment, and performing all work on Project F-042-1(55), Glenn Highway, Airport Heights to Boniface described herein, will be received until 2:00 p.m. prevailing time, June 27, 1974 in the Commissioner's Office, Department of Highways, Island Center Building, Douglas, Alaska.

This project will consist of signalization and illumination improvements at 4-intersections along the Glenn Highway, a pedestrian overcrossing at the intersection of Bragaw and the Glenn Highway, and 1.2 miles of hot asphalt pavement overlay located in Anchorage, Alaska.

\* Principal items of work consist of the following: 12,000 tons of hot asphalt pavement; 800 tons of AR-10 asphalt cement; 2,500 linear feet of curb and gutter; traffic signal and illumination systems, lump sum, all required; one pedestrian overcrossing lump sum, all required; and miscellaneous items of work.

All work shall be completed in 214 Calendar days.

Plans and specifications may be obtained by all who have a bona fide need for them for bidding purposes from the Chief Design Engineer, P. O. Box 1467, Juneau, Alaska 99801 at a charge of \$10.00 for each assembly. Plans may be examined at Department of Highway Offices in Anchorage, Fairbanks, Valdez.

B. A. Campbell  
Commissioner of Highways

Publish June 5, 12 and 19, 1974.

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Bud Blake

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## Letters

(Continued from page 3)

leader, and since I am a resident, I deserve your consideration and an explanation. I would also welcome other sources to contact for financial aid.

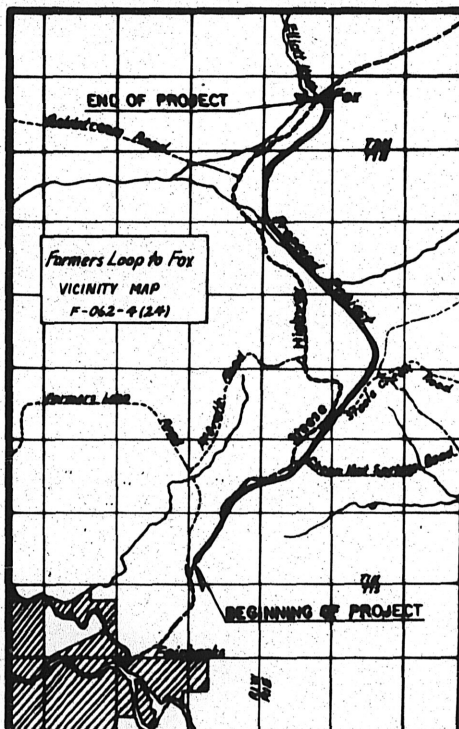
Respectfully,  
Dennis J. Tiepelman  
Executive Director  
Kotzebue Area Health Corp.  
cc: Frederick P. McGinnis,  
Commissioner, Department  
of Health & Social Services  
Senator Willie Hensley  
Senator Terry Miller  
Representative Tom Fink  
Representative Frank Ferguson

Carl Jack, AFN, Inc. Health Affairs

Dr. John F. Lee, Area Director, PHS Indian Health Service  
Howard Rock, Tundra Times Editor

George Barril, Executive Director, ANCADA

Sign up for  
U.S. SAVINGS BONDS,  
FREEDOM SHARES



### THE DEPARTMENT OF HIGHWAYS

will conduct a

DESIGN

## PUBLIC HEARING

for the purpose of obtaining testimony and to inform interested citizens about the proposed reconstruction of the STEESE HIGHWAY from the intersection of Farmers Loop Road to Fox.

The hearing will be held on Thursday, July 11, 1974 at 7:00 p.m. at Joy School. An Environmental Impact Statement has been prepared and will be available for inspection at the hearing. Maps, plans and other project development information are available for inspection and copying at the Highway Department Complex at 2301 Peger Road. All verbal testimony presented at the Public Hearing and all written comments presented either at or within ten (10) days following the hearing will become a part of project records. This project is tentatively scheduled for construction in 1976. Relocation assistance programs that will be available for affected persons and businesses within the projects right-of-way limits will be discussed.