

Your teeth and you

Dental Health Week on campus begins March 19. The week's activities, featuring noon hour brush-ins, toothbrush (teethbrush?) exchanges is planned to heighten public awareness of dental health. In cooperation with dentistry students, Gateway is printing a number of articles to complement the week's activities.



Dental disease is Canada's most prevalent public health problem affecting 95% of the population and costing \$250 million a year or more in dental bills alone each year. A discouraging fact is that, while dentistry is developing more effective methods to combat tooth decay and gum disease, neither the public nor the dental profession has succeeded in applying this knowledge to the majority of the population for their routine daily use and benefit. Preventive dentistry demands serious readjustment in thinking for patients and the dental profession. Patients should fully practice home care measures prescribed for them on a daily basis. More concern is needed on the part of dental professionals and their auxiliary staff, who must design individualized care programs to benefit each age group in the family unit. This varies considerably from the very young preschool child to the more elderly person in our society.

It may sound more complex, but in the long run preventive dentistry is less complex, less costly and much less painful and time consuming, than dental services that focus on emergency treatment and repair of severely damaged dentitions due to years of neglect.

Increased resistance to decay is built into teeth by adjusting fluoride level in the local water supply, topical application of fluoride solutions to teeth, using a recommended flouridated toothpaste and by regular recall visits to a dental office or school clinic. During such visits your teeth are given a thorough examination and cleansing and a fluoride solution or gel is applied as indicated. Preventive care and treatment for baby teeth include the correct positioning of the permanent teeth; helping insure a healthy bite, an attractive smile and eliminate many unhealthy conditions which cause gum disease and loss of teeth in later life.

Early North Americans were noted for their bad teeth and poor oral health. Dentists in those days had to work very hard to develop ingenious methods of tooth repair and replacement for their patients. Some well-known figures in our history books on both sides of the border were plagued by decaying teeth and infected gums. For instance, George Washington was faced with the loss of his teeth and his dentist, John Greenwood, fitted him with hand-controlled dentures. The artificial teeth used were hand-carved from ivory. Some historians believe that Washington's sternness in his later portraits was due to the rather crude serviceable dental appliances that he wore, affecting his appearance. For pioneers, there was little available for the patient's dentist to treat tooth decay and gum disease; compared to the results of research and advances in technology that we can all enjoy today.

Diseases among teeth were rampant in the "good old days" but can be effectively controlled and treated today. Gum disease, more than tooth decay, is responsible for the loss of teeth in the over-thirty age group on this continent. By keeping teeth and surrounding tissues clean, and a regular checkup, you stand a much better chance of avoiding serious dental disease and the consequences in your lifetime.

COMMERCE STUDENTS

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Merrie Evening

Lutes, recorders, and "merrie" voices will be heard Thursday, March 15, at the University of Alberta as the university's Guild for Mediaeval and Renaissance Studies rounds off its year's activities with an evening of music from the Renaissance period.

The concert, to be held in the banquet room of Lister Hall at 8:15 p.m., will feature the University of Alberta Madrigal Singers, conducted by Dr. Larry Cook of the department of music. The singers' first offering will be a cycle of Italian madrigals by Adriano Banchieri, 1568-1634. There will follow three English madrigals by the 17th century English composers Thomas Weelkes and John Bennet.

Alternating with the vocal selections will be compositions scored for lute and recorder, to be performed by Carl Lotsberg, lute, and John Honsaker, recorder. The compositions include a number of French and English folk songs.

Refreshments will be served following the musical program.

Tickets for the Renaissance evening are \$3 each and are available at the Students' Union Box Office, HUB Mall, telephone 432-5145.

Arts quiz answers

- | | |
|--------|---------|
| 1. (d) | 6. (d) |
| 2. (b) | 7. (b) |
| 3. (b) | 8. (a) |
| 4. (a) | 9. (c) |
| 5. (c) | 10. (b) |

UNIVERSITY OF BRITISH COLUMBIA

FACULTY OF COMMERCE AND BUSINESS ADMINISTRATION

Professor G.A. Walter will be on campus to discuss the M.B.A., M.Sc., and Ph.D. programmes with interested students.

March 15, 1979
10:30 A.M. - 4:30 P.M.

Please make appointments with the Students' Union Receptionist, Rm. 256 SU building.

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