

Dental Visit Shouldn't Be Unnerving

No matter how friendly and assuring a dentist is, most of us carry fears that were instilled in us as children. That first visit to the dentist was totally humiliating. Even though your teeth are freshly brushed, you know for sure that the dentist will find traces of the candy bar you ate three weeks ago.

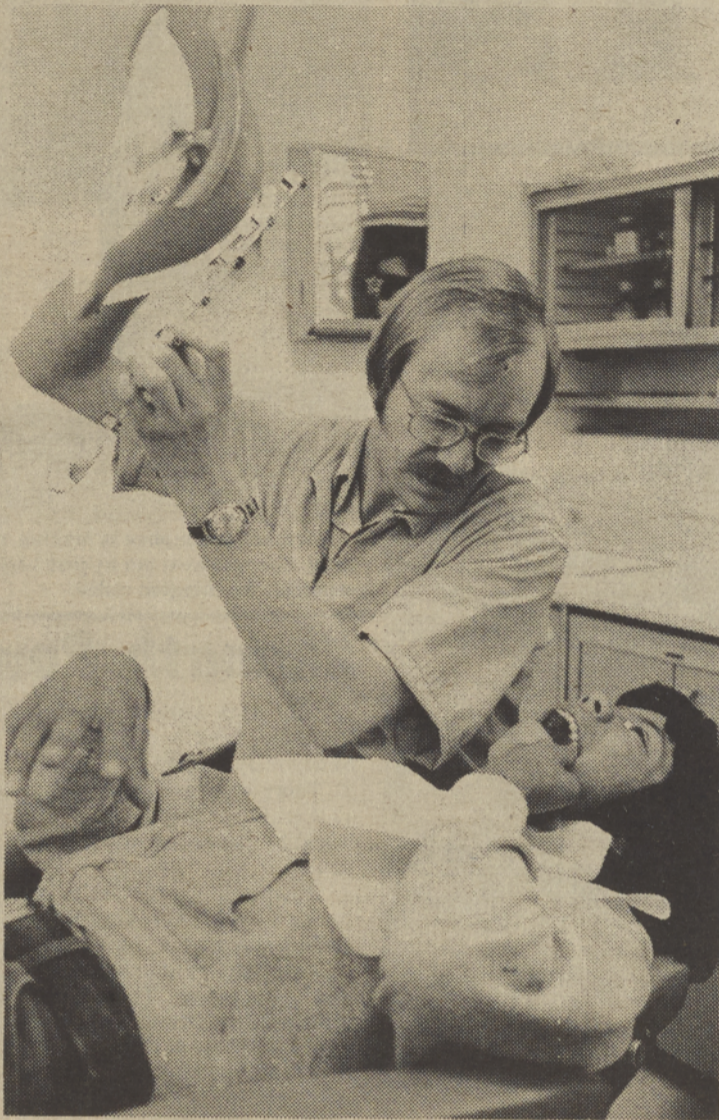
Some dentists appear to be quite cruel, filling our gaping mouths with strange instruments, then asking a question for an answer. It's always at that time, instruments and all, that you feel your comments on an issue just might change the flow of the economy or world affairs.

There is a new and friendly face that you've probably noticed at the PHS dental clinic recently if you've been brave enough to walk through the doors. That face belongs to Wayne Schultz, our new dentist.

The tall and mustachioed dentist arrived in Warm Springs about three months ago, after coming from Redlands, California, where he, his wife, and two little girls, lived while he attended Loma Linda School of Dentistry. Schultz is a native Oregonian, spending most of his childhood years in the Corvallis area.

Schultz graduated from Walla Walla College in 1973 where he studied Medical Technology. He served as a Medical Technologist for two years at Portland Adventist hospital. Then in 1974, he decided to attend Loma Linda. Upon graduation, Schultz applied and was accepted to serve in Warm Springs.

Dentists, like all professionals, have private lives, too. Schultz is as industrious off the job as he is on. He has a private pilot's license, but since his arrival here, has not had the opportunity to do any flying. He also enjoys the outdoors, listing down-hill and cross-country ski-



"Is this the bombed out one?" asked Harold Pennington while he and Dr. Schultz examined x-rays of his teeth at a recent visit to the Indian Health Service dental clinic. CDS Photo

ing, and camping as his favorite. When the dentist and his family moved to Warm Springs, they had an ordinary looking van. Now, that same van is a model of perfection as the Schultz family has installed four tinted windows, and is presently im-

proving on the interior, adding carpeting, paneling and a couch.

There are potentially 2,000 dental patients at Warm Springs, but the Portland Area office feels that only 60 per cent of the 2,000 are readily taking advan-

age of the PHS dental services. Presently, PHS is focusing on children, but in the near future, Schultz hopes to work in family groups. "Right now, we're trying to get the parents involved with the dental care of their children. We require parents to accompany children to their first visit. At this time we show the parents their children's teeth. They are often shocked at what they see. We also get the medical release that is required for us to do the work that is necessary."

Schultz commented that four year-olds are much easier to work on than ten year-olds, especially if that four year-old harbors no ill feelings about visiting the dentist. Schultz hopes to help eliminate the chance of creating such fears. "When a four year old child comes in and he's scared, I know that the fear is from his parents. But, if the child is relaxed, we try to make that first visit as pleasant as possible. The first visit makes them or breaks them."

It is advised that the word "hurt" not be mentioned in a dentist's office. One cannot lie to a child when pain is involved. If a child is not informed that something is going to hurt, he will panic. That makes for a very bad first impression. Schultz uses many adjectives to describe any injections that might be necessary. "Pinch", "tickle", or "pull on your cheek", are just a few.

One general practitioner in Madras has a subtle way of relaxing his dental patients. While waiting, one cannot hear the drills and other machines running. Although very clean, his office reminds one of their living room, with comfortable chairs, couches and magazines to read. There is one other added touch that helps one to

forget all troubles and that is the music coming from the FM radio.

After one is escorted into one of many chairs, one can view birds feeding and bathing outside. His "back yard" is picturesque, with flowering trees and numerous perennials. The whole idea of the music, flowers and birds is to relax a patient, so much so that when the dentist is ready to work, the patient often has to be awakened from a deep sleep.

Schultz advises the use of any flouride toothpaste. Children, especially need that added protection against bacteria which causes tooth decay. All adult teeth are cavity free when they come in, but only when they are exposed to bacteria, over a long period of time, do cavities develop. However, flouride toothpaste does very little to inhibit decay in adult teeth. "Just keep your teeth as clean as possible and brush often," says the PHS dentist.

With the possibility of fillings, gold crowns and extractions, one can feel proud and satisfied that their constant daily care has paid off. The average cost of an exam, cleaning and one filling is \$55 and a gold crown costs about \$150, but with porcelain on that same gold crown, the cost is \$200.

After all the work is done, patients give a sigh of relief, but noting that in six months or so, the dentist should be revisited. Hopefully, though, on that visit, the dentist will say "No cavities, just have them cleaned and we'll see you again in six months."



Health Service Planning Evaluated

Having just recently spent a couple of days here at Warm Springs, Lititia Kirk and Alan Ham are conducting a study to evaluate the Portland Area Indian Health Service Planning Process. The study began December 1977, and will be completed November 1978.

The Northwest Portland Area Indian Health Board which has commissioned the study, is a federally recognized, non-profit advisory board which exists to represent the Northwest tribes on health matters. The board is responsible to the Portland Area Indian Health Service.

The study will examine the Portland Area Office Planning Process, and find out what criteria, statistics, and input the office uses when planning. Information will be sought from Indian Health Service organizations on the national level, but "the most important part will be gathering consumer input."

Kirk (Evaluation Coordinator) and Ham (Assistant Evaluator) will visit all Pacific Northwest Tribes to see the effectiveness, efficiency and deficiencies of the planning process currently employed by the Portland Area IHS. This will involve studying the communication pattern from IHS Headquarters to Portland Area Office, IHS to

Service Units, and to the consumer.

"The importance of evaluation is that it is the key to future improved planning," said Ham in a recent news release. "Better planning there should raise the health status of the American Indians to a higher level," he noted.

"Some of the questions we will be asking the Portland Area Office, Headquarters, Service Units and consumers are: How do you see your role and function? What are your priorities? What are current problems? What is your involvement? How are problems currently solved? What are the problems of communication? How are plans of IHS being implemented? How are services provided and to whom? What is the quality of services provided? How does the Indian community accept and relate to these services?" asks Ham.

Kirk and Ham are requesting comments and input from the community and health personnel, and will appreciate suggestions of any kind. Write or call them at the Indian Health Board, 1501 Standard Plaza, 1100 S.W. Sixth Avenue, Portland, Oregon, 97204. The phone number is 228-4185.

Kah-Nee-Ta Employees Form Association

At their last employee meeting at Kah-Nee-Ta it was decided to form an association with officers. As a result Andy Lucas was elected President of the group, Brian Milner Vice President, Cathy Browden Secretary, Sharon Berry Treasurer and Ron Harmon Sergeant at

Arms.

Lucas appointed Danny Martinez and Dennis Andrews to serve as co-chairmen for the sports committee. Their duties will require them to plan sports activities for the association.

There have been several complaints about the lack of

activity during the employees leisure time, so the group will plan events such as sports, social functions. Volleyball, badminton, softball are some of the sport activities. The social events could involve picnics or just whatever the group wants, Lucas said.



"Looking for deer", Effie Culpus and several HeadStart children danced to recorded Southwestern songs. April 26 was "Indian Day" for the Early Childhood Development program. The children danced at the social hall in the Community Center and later hosted 300 people at the longhouse at their annual root feast, which featured roots that the children dug themselves.