

Proper anesthesia can cure fear of dental treatment

For many people, the anticipation of receiving dental treatment can produce varying degrees of apprehension and fear.

"This happens because some people have had unpleasant experiences in dental offices in the past," said J. Theodore Jastak, D.D.S., Ph.D., director of the Hospital Dental Service, University of Oregon Health Sciences Center (UOHC). "But, there is no reason for patients to have discomfort, even with extensive dental treatment, because of the availability of techniques for conscious sedation used in combination with local anesthesia."

Dr. Jastak feels that overcoming anxiety and the fear of pain is often a problem in treating patients. This is why his course at the School of Dentistry Draws practitioners from all over the Northwest, Alaska and Hawaii.

On June 8-9, Dr. Jastak and Dr. Fred Quarnstrom, a private practitioner from Seattle, will teach a course in the use of inhaled nitrous oxide and oxygen gas. On June 16-20, Dr. Jastak, Dr. Peter A. Foreman, from Auckland, New Zealand, and Dr. David Donaldson, of the University of British Columbia, will instruct dentists in the intravenous use of diazepam (Valium). Both of these techniques keep patients conscious, but their anxiety is reduced to the point where the causes of discomfort are no longer a major problem, even for the most sensitive patients.

"These agents are very fast acting and patients recover quickly," Dr. Jastak said. "Patients can normally drive home after receiving nitrous oxide-oxygen sedation. However, persons requiring intravenous Valium, although alert, must be assisted home."

Although Valium has been called one of the most abused drugs in America Dr. Jastak is quick to point out that abuse is generally associated with the oral form of the drug taken over a long period of time rather than the intravenous form. Although undesirable side effects are possible with any drug use, both nitrous oxide-oxygen and intravenous Valium are remarkably safe when used correctly. In both

courses practitioners are given extensive instruction in avoiding undesirable side effects.

A number of dentists offer,

and some patients prefer, more unusual forms of pain and anxiety control. Hypnotism, acupuncture, music, biofeedback and behavior

modification techniques are helpful for many patients, according to Dr. Jastak. However, nitrous oxide-oxygen or intravenous Valium are

usually more convenient to use, particularly when the patient has a great deal of anxiety and requires immediate treatment.

Nitrous oxide-oxygen and Valium are quick, relatively inexpensive and highly effective particularly when complemented by a good chairside

manner. "Once you win a patient's trust by doing a procedure which turns out to be much less uncomfortable than ex-

pected, you find that often less and less medication is needed," Dr. Jastak said. "And a little applied psychology in this area can go a long way."

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John Barrett, 165 Linden Way in Heppner-operator's license suspended-dismissed.

Cindy Kay Dudley, Rt. 1 Box 3090 in Heppner-disobey stop sign-\$16 fine.

Patricia Anne Robinson, Umatilla-no angling license-\$25 fine.

Alva Burton Stephens, Umatilla-no angling license-\$10 fine.

William Devin McDowell, 320 Church in Heppner-speeding-\$22 fine.

Lenwood Farrell, 164 C St. in Lexington-leaking or sifting load-\$39 bail forfeited.

William Douglas Tews, Box 153 Gooseberry Road in Ione-defective equipment-\$8 fine.

James Daniel McCabe, P.O. Box 391 in Ione-driving while under the influence of intoxicants-\$207 fine.

Timothy Ross Dahlke, P.O. Box 32 in Heppner-speeding-\$29 fine.

James Willis Knick, Waitsburg, Wash.-speeding-\$29 fine.

Dexter Martin Miles, P.O. Box 33 in Heppner-speeding-\$12 fine.

Paul Dean Fortenberry, 165 Quaid St. in Heppner-driving with a suspended driver's license-not guilty.

Marion Robinson, P.O. Box 443 in Lexington-speeding-\$26 fine.