

Suburban Life

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Hoofing it

Cash from pledges to help feed hungry

WALKERS GATHERED at First United Methodist Church of Farmington Sunday afternoon followed a 10-kilometer route through the city, and returned with pledges that added up to just slightly more than \$10,000 that will be used to alleviate world hunger.

"The CROP Walk is an arm of Church World Service," said the Rev. David Strobe of Nardin Park United Methodist Church. "The money goes for hunger relief, both here and abroad. Some is used for agriculture education, social and economic development.

"Most churches give something to Church World Service in their budget. The CROP Walk this week was sponsored by Farmington Area Clergy."

CROP WALKS are non-denominational and are staged across the nation. Many communities repeat the walks annually and CROP Walks have been held here periodically.

The walk was reactivated this spring as one of the projects of the reactivated Farmington Area Clergy and, according to Strobe, plans are under way to make it an annual event.

Participating churches, in addition to Nardin Park and First United Methodist, are First Presbyterian Church of Farmington, Our Lady of Sorrows, Church of Our Savior, United Presbyterian, Trinity Episcopal, Salem United Church of Christ, Orchard United Methodist and St. John Lutheran.



Clarence Cox (right) of Farmington gives a hand by stopping traffic at an intersection during the CROP walk.



John Dillard (left) of Farmington Hills ties a balloon on an arm of his 9-year-old son, Steven.



AT LEFT: Because of the heat early Sunday afternoon, water became a valued commodity at the rest stops along the route of the walk against hunger.

Photos by C.D. Stouffer

'This isn't going to hurt'

And it won't, says master of painless dentistry and pain control

By Susan Buck
staff writer

THE FEARFUL have white knuckles and chattering teeth at the dentist.

They may be the bravest of souls in other situations, but they cringe at the thought of the rubber-gloved man in the white coat who will usher them to the dental chair.

The sound of the drill, the swish of the water pump, all equal paranoia.

People afraid to go to the dentist use various excuses, and Dr. Saul Silverstein, a Livonia dentist who has an interest in dealing with dental fear, has heard them all.

"People who are afraid of dentists are not usually afraid of doctors, he said.

"I hear a lot of different reasons," said Silverstein, 45, a Farmington Hills resident.

"They relate to a bad experience as a child, but I wonder if a lot of it isn't just being in a situation where you are confined to a specific position. I think there is a very big psychological aspect where it is easier to say that you had a bad experience as a child than to actually define what it is you're feeling.

"In some instances, how can you say you are afraid if you have never even been to a dentist?"

DENTAL FEAR grips children and adults.

Some parents blunder when they verbally threaten a child with a dental visit if the child behaves poorly. The child then associates a dental visit as a form of punishment.

"I get very suspicious when I see children who have not had much experience going to the dentist being very nervous and panicky. Something has been said to that child.

"Even such things as, 'It's not going to hurt.' The child knows immediately that you wouldn't be saying that if it wasn't going to hurt."

"I usually advise parents not to say anything, just 'We're going to the dentist to do something about your teeth.'"

In trying to explain the dental visit to a child, parents sometimes use terms that create a wrong image for the child, he said.

WHEN A FEARFUL patient comes to Silverstein, the first step is to talk about the person's fears and the procedures in a non-judgmental way. Since people vary in their pain threshold levels, Silverstein hesitates to advise a patient to "tough it out."

However, some children who have not been prejudiced have sat through

fillings and a local anesthetic unafraid, Silverstein said.

Silverstein offers his patients more than general dentistry. He focuses on preventing patient trauma and pain control. He provides conscious sedation — both dental sedation via nitrous oxide, a gas, and intravenous sedation to relax patients. There is no charge for nitrous oxide used during operative procedures with the dentist.

Nitrous oxide used with the hygienist for preventive procedures costs \$15 for 30 minutes. I.V. sedation which uses anti-anxiety drugs like Valium costs a minimum of \$95 for one hour and \$295 for up to five hours of dentistry work.

Once a patient is under I.V. sedation, Silverstein prefers to perform all necessary dental work so that the patient will not be required to make an additional visit. Patients who receive I.V. sedation are not allowed to drive home.

NONE OF Silverstein's patients has been frightened enough to run out of the office. More men than women suffer serious dental fears because society teaches men to hide their feelings and portray a strong image.

"Women seem to be able to articulate their fears more easily than

men," he said.

According to Silverstein, people are taking better care of their teeth. The Caridex method, a new and much advertised procedure for removing decay from teeth in preparation for filling without a drill, is not recommended by Silverstein because it takes longer than the drill, can't be used in every situation and is not cost effective. Although Silverstein has the equipment necessary to perform this method, he seldom uses it, he said.

In addition to his practice in Livonia, Silverstein, a native of Windsor, Ontario, is on the staff of Sinai Hospital's Department of Dental and Oral Surgery, in the Oral Diagnosis section. A fellow of both the Academy of General Dentistry and International Congress of Oral Implantology, Silverstein frequently lectures to professional groups on innovative dental procedures.

After attending University of Michigan's pre-medical/dental program, Silverstein continued his education at Western Reserve University's School of Dentistry. Upon graduation, he was awarded a fellowship at Eastman Dental Center in Rochester, N.Y., participating in research and clinical activities. Thereafter, he went on to serve as captain in the U.S. Army Dental Corps.



Dr. Saul Silverstein says dental fear grips adults as well as children, but more men than women suffer serious dental fears.