

Teethsavers International, Inc.

January, 2005

MOTTO: “Teach A Few To Teach Many”

MISSION STATEMENT: Teach simple and inexpensive preventative dental care for children in order to prevent future infection and weakness of their whole body.

PROGRAM AND PURPOSE: Helping children who have less chance for good health and a productive life because they are losing teeth that help them to chew and absorb their basic foods.

PLEDGE: We must believe in such a way that we give hope and meaning to the next generation.

FROM JACK

“The purpose of human life is to serve,
And to show compassion, and the will
To help others.”

Albert Schweitzer

A SUMMARY OF TEETHSAVERS' WORK IN 2004

Teethsavers' second class of Six-Year Molar Focus and ART Technologists, leading to Zambian certification as Community Oral Health Educators (COHEs) began in November, 2004. After graduation and some introductory field work, I spent the remainder of June dealing with Zambian government officials, school inspections for certification, and required paperwork for licensing. In early July, I made the long journey back to Texas where I spent many hours during July and August researching possible sources for grants, ordering dental supplies, and visiting with supporters. We are still dependent on the goodness of YOUR hearts in providing funds to carry on our work. We cannot thank you enough!

Returning to Zambia, I spent several days getting organized to begin field work in Chipata district Government and community schools. I believe we were guided by God in finding these excellent assistants/prospective students. Four of these COHEs were engaged in our field work during the fall of 2004. Team members also included 10 dental assistants who will comprise our third class at the Six-Year Molar Focus School in Chipata. We have an OUTSTANDING Team!!

TEETHSAVERS TEAM MEMBERS

COHEs: Mwate Chisanga, Falesi Mwanda, Mary Phiri, Patricia Tembo.

Dental Assistants/Students: Alice Mawele, Benjamin Bulaya, Cosmos Zimba, Doranah Muloogo, Japhet Banda, Kalayire Saka Phiri, Martha Mtonga, Michael Manda, Mirriam Mwale, Priscilla Daka.

Summary of Field Work – September – November, 2004

Days spent working in Government and community schools	48
Number taught and screened	10,221
Number taught only	1,167
Number of Parents, Guardians and others taught	2,542
Number of Children treated	2,760
Percent treated	28.9
Percent periodontal (of total treated)	33.3
Referred to Hospital for further treatment	96
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Treatment procedures	3,868
Average per day	78.9
Fluoride varnish (22.5%)	873
ART sealants (25.7%)	995
ART Restorations (26.5%)	1,025
Saforide (1.4%)-for control of caries in lower second primary molars	53
Periodontal Scaling (23.8%)-About 10% with advanced periodontal disease	921

Zambian Government and community schools operate on the trimester system. Each trimester is 3 months, followed by 1 month of vacation. These holiday months are April, August and December. Our field work will, of necessity, be carried out when schools are open.

Since Zambian schools close in December, I decided to begin our third class in order to keep our dental assistants/students together and to avoid wasting time. Thus, we will be alternating our classroom work with field work to mesh with Zambian schools. During field work this past fall, we return to the Six-Year Molar Focus School in Chipata for weekends but spend weekday nights in the local schools where we were teaching and treating. Three people per mattress make for crowded conditions, but we endure with joy and a sense of accomplishment. We use rented trucks during the week to carry bedding, dental supplies, our food, and 15 team members.

During field work both COHEs and Dental Assistants receive a small salary. However, during our classroom time neither category is paid. I use my Social Security income to pay for these months' expenses which include rent, utilities, food, and incidentals. There is no cost to the students – they wouldn't be able to afford it. During field work months – teaching and treating children – in addition to salaries (I receive NO salary), dental supplies, food for the team, truck rental, and other incidental costs for a monthly total of a bit over \$3,000.00. We could not do it without your help.

COMMUNITY WORK by Benjamin Bulaya

One Friday morning we faced a very challenging obstacle when the Pastor of a church refused to allow us to operate in the community school where the congregation holds classes. He insisted that we shouldn't teach and treat the community school children because he said some of his church members believe we are Satanists. Some parents had been waiting in the divided crowd for their children to have their teeth checked. Others, mostly from the same church, followed the views of their leader. Mwate and the other COHEs met with the church and community leaders. They, after about 45 minutes, agreed that the teaching and treating should begin. The church Elder offered a prayer.

The COHEs taught like never before, taking time for people to understand oral health care as we prepared the first graders for treatment. Though stressed from the weeks work, we moved as a team with each doing what they do on a daily basis, to teach the ones who did, at first, not want us to teach the few to later teach many.

Our biggest victory was when the Chief came to listen and then came in the treatment room to have his own teeth checked. After treating his teeth, the COHEs gave the Chief a bow in African tradition – a sign of respect and honor.

SOME AFRICAN TOOTHACHE AND CLEANING PROCEDURES

In rural areas located far from health centers people have little knowledge of proper oral hygiene. They use available herbs and chemicals to relieve the pain of toothache. They also use these materials to make their teeth look whiter, but whiter does not necessarily mean clean.

Examples of these herbs and chemicals are: Maddox tree, Mubanga tree, Fertilizer, Urine (human), Battery acid, and Petrol

Methods of use

Maddox – Enlarge the cavity by hammering a nail into it; rinse with clean water; squeeze the whitish liquid from the Maddox tree into the cavity; leave it in for 2-3 hours before rinsing again.

Mubanga – dry the tree roots; enlarge the cavity as with the Maddox treatment by driving a nail into it; rinse with water to clean the cavity; burn the roots and use something like a hollow leaf stalk to direct the smoke from the burning roots into the mouth; hold smoke in for about 10 minutes. Or boil Mubanga leaves and apply to the aching tooth. The tooth extracts itself.

Petrol – Rinse the mouth to clean the cavity; then rinse the petrol around the tooth and hold for 5 minutes; spit out. The toothache may be stopped; the tooth stays in place, but the pulp dies.

Fertilizer, Urine, and Battery Acid – Put directly on the cavity; hold in mouth for a few minutes and then spit.

Results of these treatments – with all these methods the results are the same. The tooth breaks, piece by piece, until the whole tooth is lost. This can lead to other problems in the body due to the high content of dangerous chemicals and herbs which can be harmful to the whole body.

Cleaning Teeth

Twigs, cut from trees which bear edible fruits, are chewed at one end to make a toothbrush-like bristle. However, it is not as strong as a toothbrush. Teeth may look white but are not really clean. If not properly done, the sticks can damage the gums by making pockets on them where infections can start.

Soap, Ashes, and Sand soil – Put the soap, ashes, or sand soil on a finger or face cloth, toothbrush or even a stick and rub it on the teeth.

Research, compiled and written by – COHEs Mwate, Mary, Patricia and Falesi

IT IS THROUGH GIVING THAT WE RECEIVE – Jack

I met Andrew Banda, 12, while working in Nthombimi Middle Basic School where he is in second grade. As reported in our 2004 summary, during the fall we spent 48 days during which our team of 15 taught 10,221 people, completed treatment for 3,868. We referred 96 children to the hospital dental clinic – some for extractions; most for further periodontal treatment. Andrew fell into this category.

As I examined and treated Andrew in a holistic way, I decided to bring him to our Six-Year Molar Focus School in Chipata for love, kindness, and much more gum treatment. Andrew, a double orphan, lives with his elderly, disabled grandmother in a mud, grass roofed hut in Kayeka, a rural village. His 16 year-old uncle is his guardian who, with the head teacher's guidance, signed the necessary forms to allow Andrew to make, for him, a historic trip – his first to Chipata which is about an hour's drive over bad roads.

His four lower anterior teeth had little, but enough, gum and bone left to give me a positive approach to save them. Andrew, through an interpreter, told us his bottom gums had been cut off with a sharp rock as a form of punishment. The gums had been bleeding for at least a year.

At our schoolhouse, Andrew kept to himself, looking at some books which had been donated for children. Our students were friendly, treating Andrew's periodontal problems with love and kindness – Rinse with warm salt water three times; gum brush with salt water over and over; repeat rinsing. This is standard oral hygiene treatment.

The second day of Andrew's visit, Mr. Njobvu, our trusted guard and general helper, brought his son, Gaston, also 12, to keep Andrew company. The first time I saw even a hint of a smile from Andrew was while he played soccer with Gaston. On the third day, Doreen, our cook, told me Andrew was embarrassed by his dirty, faded, ragged shirt and shorts which were too large for him.

A small shopping trip ensued as Andrew, Gaston, and I walked to a nearby shop selling used garments. In the shop Andrew found a limited supply of shirts and shorts which might fit. We settled on two each of shirts and shorts for Andrew and one of each for Gaston. Total cost \$4.20.

This brought back fond memories of shopping for an outfit with "Book", still one of my heroes, at Meheba Refugee Settlement in 2002.

Back at our school, I taught Andrew and Gaston some moves that big-time models, earning as much as \$1,000 an hour, make walking down runways. Our lady students, who had never heard of a fashion show, joined us in Chipata's first ever style show. Everyone had a hilarious time watching the dips, turns, stops, twirls, hiking up the legs of the shorts and falling apart with laughter while two young Zambian boys and one old American man were privileged to lead the fun down the hall runway!

A Man Can Be An Island – Surrounded By a Sea of Friends – On Both Sides of God's Big Water - Called The Atlantic
Jack

Thanks From Africa

As 2004 ends and 2005 creeps in, we extend our thanks and warmest wishes for a Happy New Year to some special people on the other side of the Atlantic for their services to TEETHSAVERS: Our Board of Directors, Kathy Dane, Sheri Landers, Linda Sanders, Valerie Pelham, Frank Rudd and each and every one of our contributors (too numerous to list). Jack and THE Team

TEETHSAVERS INTERNATIONAL, INC. BOARD OF DIRECTORS: *President*, Rodger McCuistion, DDS; *Vice President*, Beth Lee; *Treasurer*, Rev. Paul Cunningham; *Secretary*, Bettye Rogers, Ed.D.; Rev. Ted Dotts; Charles W. Wendt, PhD; and Jack Rudd, DDS, *Field Director and Founder*.

Many thanks to Janie Sims of Petersburg for sending more than 30 children's books!
We greatly appreciate children's books, new or used.

Our address is – Dr. Jack Rudd
P.O. Box 510910
Chipata, Zambia

Please send your MUCH NEEDED, MUCH APPRECIATED contributions to:
Westminster Presbyterian Church
3321 33rd St.
Lubbock, TX 79410
with TEETHSAVERS written on the memo line.
THANK YOU!!