



ANOTHER BUSY YEAR

Remember when the only size available for “Coke” was the small glass bottle? Most of us who are staff members at the Iowa Fluoride and Bone Development Studies are over 40 and we do! Choosing a beverage used to be as simple as milk, juice, iced tea or water. Not any more!!! The options available in terms of product type, calorie and caffeine content, container size, container type, flavorings, etc. are mind boggling. We mention this because we are asking questions about beverage intake in a relatively new questionnaire at our 13-year exams.

It has been amazing to watch the trends in beverage consumption change over the span of a child’s life. The variety and amount ingested is a phenomenon in and of itself. The marketers feel they have to develop new products because the public may get “bored” with the same old products! We purchase and analyze the main products that our participants are drinking and enter the information into our database. And yes, in all the variations available! We are particularly interested in fluoride content, container sizes, and brand.

In addition to this project, our genetics research component is also expanding. From the beginning of our study, we have looked at genes involved in bone health. Recently, we have expanded that to begin to look at dental and body composition genes. Those of you in the Bone Study who had provided us with a blood or cheek cell sample have been contacted asking for permission to use your existing sample for further research. Thank you for your response to this request.

Because of this new research on dental genetics, those children who are participating only in dental exams are now asked to provide a sample of blood. The same request is made of the parents. As an alternative to a blood draw, we can accept a mouth rinse sample (see page 3). Your choice to provide the blood or mouth rinse sample is, of course, entirely up to you and you may continue participating in our project even if you decline to provide a sample.

Our statisticians are asking for further information regarding the demographics of our group. At the time you were recruited, these questions were asked, but that was 11-14 years ago, and we expect that a lot has changed since then! We will contact you by mail soon with a request to update that information. Don’t worry – this questionnaire is short and sweet!

In the next few weeks, Wave 3 (11-year exams) will come to a close. Right now, we are one-half of the way through Wave 4 (13-year exams). The fact that we have such a large research group is making others pay attention to our outcomes. The credibility of the outcomes of the data correlates with the number of participants in the project. That is, the more participants we enroll, the more confidence we have in the outcomes. This is a shining example of the impact the number “one” can have! Thank you for being “one” for us!

INFORMATION ABOUT the STUDY SOON TO BE ONLINE

Some of you have asked if there are any published articles available about the results of our studies. In fact, there are many, many articles that we’ve published over the past 14 years – well over 75! We have decided to put a list of the articles on-line for you to read if you are interested. Most are quite technical, but they can give you some information that you might find interesting. Later this Fall you can go to <http://www.dentistry.uiowa.edu/public/clinics/preventive/prevent.html> and then click on “**Link to Iowa Fluoride Study/Iowa Bone Development Study**”. You will find general information about the studies, a copy of the current newsletter and a list of research articles about both of our studies. We will continue to add information to this site and we hope you find it useful.

MEET the STAFF —



Deborah Dawson is director of the biostatistics unit in the College of Dentistry. She is responsible for research design and data analysis related to the Iowa Fluoride Study, as well as many other research studies within the College. She has lived in New Jersey, Maryland, North Carolina and Ohio before coming to Iowa almost five years ago. Her Michigander husband wanted to be back in the Midwest, so here they are.

Deborah received her bachelor's degree in Mathematics and Biology from Montclair State College in New Jersey, her master's in Biostatistics from Johns Hopkins School of Public Health and her PhD in Biostatistics from the University of North Carolina, Chapel Hill. Before coming to Iowa, Deborah was on the faculty at Duke University Medical Center and Case Western University in Ohio. She loves to teach and particularly enjoys teaching the dental residents/graduate students.

In her free time, she and husband Al, a customer service manager at the *Iowa City Press-Citizen* newspaper, enjoy bird watching at the many areas in Iowa and surrounding states. She also enjoys needlework, especially crochet and cross-stitch. They have a son, John, who is in graduate school in Biostatistics at the University of Wisconsin-Madison.



Trudy Burns is another of our statisticians (our Study requires lots of help!). She works mainly with the data from the Bone Study. Trudy was born and raised in Millington, Michigan. She received her bachelor's degree in Mathematics and Biology from Oakland University in Rochester, MI and then went to the University of Michigan where she received her master's degree in Public Health and a PhD in Biostatistics. She has been a faculty member here at UI since 1982.

Her professional specialty is cardiovascular disease research and she is a principal investigator with the 35-year old Muscatine Study. She also is interested in genetic epidemiology of cardiovascular disease, bone development and birth defects.

Her hobbies include playing the bagpipe. As a former member of the famous UI Scottish Highlanders, Trudy wants to regain her playing ability by going to bagpipe school when she retires. Next summer she will be singing in the Sydney Opera House.



Cynthia Pauley joined the Study in July of this year as a Research Assistant. As a Certified Densitometry Technologist, she will be working with the data from the Bone Study exams. She is particularly excited to work in the area of pediatric bone development, as she hopes our study results will aid healthcare providers with the appropriate diagnosis and treatment of bone health abnormalities in children. Cynthia also is working with the research participants at their CRC exams and tries to make their visits efficient and relaxed, especially since most have traveled from quite a distance.

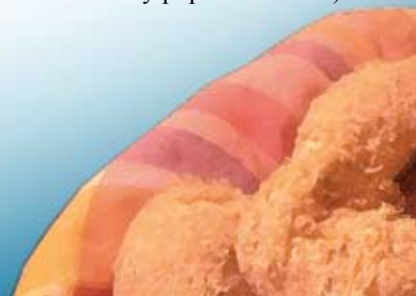
Cynthia grew up in Waterloo, Iowa and received her bachelor's degree from the University of Iowa. Before joining the Study, she worked with an adult bone density study in the UI College of Nursing. She has also worked in a variety of human services and healthcare settings in the Iowa City community. Cynthia and her husband, Dennett Hutchcroft, have two sons, ages 17 and 22.



Rahul Nair is a post-graduate student in the College of Dentistry's Dental Public Health master's program who is working with the Study - specifically with the 4th Wave Dental Exams. He collects the saliva and plaque samples as well as makes the casts of the dental impressions. His hometown is Calicut, India. He has a bachelor's degree in Dentistry and a Master's degree in Public Health.

Before coming to Iowa, Rahul was an intern and research assistant at the College of Dental Surgery in Mangalore, India, had a general dental practice in India and was a graduate assistant at Western Kentucky University.

His parents, two grandmothers and a brother still live back in India. In his free time, Rahul enjoys working with technology as well as playing ping pong. He follows cricket (a sport similar to baseball and very popular in India). He is starting to understand American football and baseball.



MOUTH RINSE SAMPLES by MAIL for GENETIC INFORMATION

With new developments in the methods of genetics research, genetic samples now can be obtained using a mouth rinse. Since this can be sent in the mail, it is especially valuable for those study participants who cannot make it to the clinic. In addition, we sometimes need a second sample if the amount of genetic material is low in the sample provided previously. This occasionally happens and when it does, we appreciate your willingness to provide another sample (blood or cheek swab). As we are expanding the genetic portion of the Iowa Bone Development Study and Iowa Fluoride Study, it is more important than ever that we work to obtain genetic samples from each study child and his/her parents who have not previously provided them.

We have recently begun to invite some of you to provide a mouth rinse sample by mail. Special kits have been prepared for this purpose. If you are contacted and agree to help with this, you will be mailed a kit with directions, a packet of mouth rinse (to swish and spit out), and a vial to spit into. Simply seal it and return it to us in a postage-paid return mailer. We hope this important new part of our study will provide more valuable information about dental and bone development.

SPRING ACTIVITY BELT TESTED

Some of you were involved in a pilot program conducted this past Spring to determine if we could have our children wear the activity belts in either Spring or Fall. In the past, we have had all our participants wear the belt in the Fall closest to their bone scan. This means we need to get a lot of children scheduled in just 3 months each year. It would be easier to have two times to schedule.

In order to add the Spring dates however, we needed to make sure that the data were similar enough between Spring and Fall to be able to combine them. We haven't completed the analysis yet, but will know soon and possibly begin this with Wave 5.

KIDS NOW HELPING with the QUESTIONNAIRES

As we have told you so many times, the questionnaires that are mailed to you every 6 months are invaluable in our data collection! We realize that, as your child gets older, he or she is not always around for you to observe. We often hear that it is especially difficult for many parents to complete the food/nutrition section. We have noticed that some questionnaires are now being completed by the child. This is fine; in fact, we encourage parents to let their child complete these sections or even the entire questionnaire, if they feel comfortable with this. However, we ask parents to be sure to look it over carefully before sending it in, just to make sure all the sections are complete and accurate with respect to the information that was typically (or previously) completed by the parent. Thank you so much for taking time to provide all this important information to us.

"TOOTH FAIRY" PROJECT COMES TO A CLOSE

As the youngest of our study participants reach age 11, most all of them have lost their second molar baby teeth. Therefore, collecting teeth for the "Laboratory Examination of Baby Teeth Project" is coming to a close. We have stopped sending out requests for the teeth, but if any of you still have the teeth, feel free to keep sending them in. Thanks to all of you who have sent in teeth so they can be analyzed for fluoride levels! This information will be related to the fluoride information provided on your questionnaires. As always, we appreciate your participation in all the components of our research.



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Have a
Wonderful
Fall

*As always,
we thank you for
your continued efforts
and support over the years!*

The Staff of the Iowa Fluoride Study
and Iowa Bone Development Study

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