



OUR 18th YEAR

It's been another year since we last updated you and it's been one busy year for us here at the Iowa Fluoride Study! We would like to thank all of our families for their commitment to the Study. This year, the Iowa Fluoride Study is in its 19th grant year and 18th year since recruitment started and we would like to take an opportunity to look back at how much we have been able to accomplish, thanks to you! Without the time and energy you and your families have committed to completing questionnaires and attending dental and bone exams, we would not be here today. We will be able to close out the year with some great numbers for the Iowa Fluoride and Iowa Bone Development Studies!

The numbers say it all! To date, this is what we have accomplished:

698	Five-year dental exams
630	Eight-year dental exams
552	Thirteen-year dental exams
114	Seventeen-year dental exams
24,449	Completed and returned questionnaires
2,583	Activity monitor studies
471	Five-year bone exams
539	Eight-year bone exams
483	Eleven-year bone exams
489	Thirteen-year bone exams
407	Fifteen-year bone exams
113	Seventeen-year bone exams
964	Parent bone exams

The University of Iowa
College of Dentistry, N340
Iowa City, IA 52242

GRANT STATUS

Because the Iowa Fluoride Study and Iowa Bone Development Study are such unique studies and you have all continued to participate so well, we are planning to continue the Study. This also means that we are working very hard to continue to apply for grant funds to keep things going.

We are working under our current National Institutes of Health (NIH) 'Bone Study Grant' to complete the last few age 15 bone assessments and continue age 17 bone assessments. Also, we have just submitted a major NIH grant application to keep the Bone Study going to conduct age 19 exams, including the use of new advanced densitometry technologies and analytical approaches.

We are also conducting age 17 dental examinations with support from our Iowa Fluoride Study' NIH grant, as well as new grants from the Roy J. Carver Charitable Trust and the Delta Dental of Iowa Foundation.

Thank you for your continued participation making the studies' successes possible!

The Study Team



MEET the STAFF



Tina Craig

While Tina is a long time staff member at the College of Dentistry, she joined the study this past February as a Research Assistant. Tina is originally from Pittsburg, Pennsylvania, but has called Coralville, Iowa her home since 1991. She is a graduate of the University of Iowa, where she received her Bachelor's degree in Secondary English Education. As a research assistant, Tina helps with staffing exams, collecting samples and editing Fluoride questionnaires. Tina also works at the College as a department administrative assistant and helps with grant preparation on various projects. Tina has been married to her husband Dan for 17 years and they both stay very busy with their three children - Shelby is 16, Danielle is 13 and Heather is 9. Tina also volunteers as a Girl Scout leader and performs additional volunteer work at the elementary school where her daughter, Heather, attends. In her spare time, she enjoys spending time with good friends and visiting family members who live in South Carolina, Louisiana and Mississippi.



Katie Hofer

Katie joined the Study this past February as a Research Assistant. An Iowa native, Katie has moved throughout the Midwest and graduated from Midland Lutheran College in Fremont, Nebraska with a Bachelor of Science degree in Biology with minors in Nutrition and Gerontology. Katie assists the Study by staffing exams, collecting samples, performing nutrition editing of Fluoride questionnaires and sending out mailings, including the recontact materials our 18 year old subjects receive. When Katie is not busy working on the Study and exploring her new home of Iowa City, she enjoys spending time with family and friends.



Atul Bidarkar

Atul currently works as a graduate research assistant with the Iowa Fluoride Study. Atul holds a Bachelors degree in Dental Surgery (BDS). He is currently completing a Masters degree in Public Health (MPH) from Western Kentucky, as well as pursuing a Masters degree in Dental Public Health here at the College of Dentistry. As a research assistant, Atul helps with the dental exams, including the collection of plaque and saliva, as well as obtaining impressions. Atul enjoys his position and the experience it provides him. Originally from Hyderabad, India, Atul has two brothers and a sister, and his father is a retired bank officer who resides in the southern Indian city which is famous for its food and historical heritage. When he is not busy helping the Study, Atul enjoys spending time with his family, watching movies and cooking.

FAREWELL



Cena Jones-Bitterman

Congratulations to Cena Jones-Bitterman! In December, she plans to join the Human Subjects Office at the University of Iowa as an Education and Compliance Specialist. Cena joined the Iowa Fluoride Study/Iowa Bone Development Study in 2008, serving as Project Coordinator. She has provided leadership in handling financial and personnel aspects for the Studies, as well as seeing subjects at their CRU appointments. While Cena will be sorely missed, we wish her every success in her new endeavors!

UPDATE

We continue to be very successful with all aspects of the studies because of your great participation rates. Study participants' ages now range from 15 $\frac{3}{4}$ to 18 $\frac{3}{4}$, so we are conducting several study phases simultaneously. Specifically, we began conducting age 17 bone and dental exams on the older study participants, while we finish up age 15 bone exams on the younger participants. We are almost done with the collection of motion sensor (physical activity) data collection for this year as well. We're continuing to collect questionnaire data by mail, while we continue age 17 bone and dental exams this winter.

NEW CRU LOCATION (MARCH 2010)

If you or your family has recently been in for an age 15 or age 17 exam, you likely visited us at the new Clinical Research Unit (CRU) location in Boyd Tower at the University of Iowa Hospitals and Clinics. The CRU moved to its new location in March 2010 and the transition has been incredible! The new Unit offers much more space and convenience, with all portions of examinations taking place on the 2nd floor. We hope you enjoyed your visit to the brand new CRU space, or hopefully you will in the near future!

CONTINUED PARTICIPATION & CONSENT at AGE 18

Those of you who are 18 (or will soon turn 18) are the oldest members of our study group and have recently been contacted (or will soon be contacted) to provide continued consent to participate in the study. At age 18, your status will be updated within the study. Now legally an adult at age 18, you are solely responsible for your participation in the study. In previous years, we contacted your parents to arrange appointments for exams and sent bi-annual questionnaires addressed to them. This practice will change with the arrival of your 18th birthday. The study's staff recognizes that with adulthood comes increasing opportunities, responsibilities and obligations. Despite your busy schedules, whether it is work or school or even both, we hope you continue your invaluable participation with us!

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*The study team wishes you
a happy holiday season!*



Thank you
for your continued
participation in our studies.



We hope to keep receiving grant funding to continue our
work over the next few years! As always, we will keep you informed.