



THEY'RE THE ONES—Representatives from payroll points gathered in the Courtyard Cafeteria Aug. 30 to pick up information packets and hear speakers involved with this year's United Way drive. The breakfast was the kick-off for the medical center's United Way campaign. The medical center's goal this year is \$48,000. Payroll clerks have information about the most popular form of United Way giving — payroll deductions. (Photo by Jim Wallace)

The United Way to care

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received \$25,000.

Waters said he knew that employees' varying income levels would affect how much they were able to give individually, but added, "I think it is important for everyone to give something, even a dollar."

Setting the pace

Cash or checks may be paid directly to the United Fund or direct billing can be requested from the United Way office.

Employees may also opt to give regularly through the payroll deduction plan. Payroll clerks have information concerning the payroll deduction method of contributing.

Last year the medical center raised \$47,000 of the \$90,000 given by Duke employees. Eighty percent of that medical center total was contributed by "pacesetters," persons who give \$60 or more. Pacesetters receive special pins in recognition of their contribution.

Waters said a special category, "century pacesetters," has been set up to honor

persons who contribute \$100 or more. Century pacesetters receive pins designed from the United Way emblem.

\$5,000 already pledged

Others who gave brief talks at the kick-off breakfast were Larry Blake, chairman of the 1978-79 Duke United Way Campaign; W. J. Kennedy Jr., president of the North Carolina Mutual Life Insurance Co. and Durham campaign chairman; Dr. William Anderson, director of the Community Guidance Clinic for Children and Youth; Lee Smith, executive director of the John Avery Boys' Club; and Terry Sanford, president of Duke University.

Blake said that according to pacesetters' cards returned prior to the kick-off breakfast, \$5,000 had already been pledged by Duke employees.

"That means we only have about \$93,000 more to go," he said. "We've done it in the past and I'm sure we can do it again."

The combined goal of the medical center and the university is \$97,500.

Early dental exam urged

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proper diagnosis at an early age," the authors believe.

As soon as results recognizable

"Early age," is defined as a time when the results of airway interference causes a deformity that can be recognized or is creating abnormal growth patterns.

The symptoms of airway interference include facial and oral evidence and a variety of factors in related areas such as speech. The classic symptom is mouth breathing, one of the earliest results of improper or unnatural acts of breathing.

"The act of mouth breathing is not a habit," the article emphasizes "it is an unnatural act of necessity to get air into the lungs because of an obstruction or interference in the nasal areas."

Breathing while sleeping

In an accompanying editorial, Quinn noted, "A healthy functioning individual should be able to breathe through both nasal cavities without resistance. If difficulty in breathing is experienced from either cavity in an upright position, then certainly, detrimental mouth breathing will occur while the subject is in a prone (or sleeping) position."

Breathing in a prone position becomes difficult because an increase occurs in the size of the tissues in the head, including the nasal structures, due to gravity, Quinn explained.

Why wait?

Why wait for deformities to occur if the results of airway interference can be

recognized through numerous physical symptoms in the first few years of life?

"One answer could be that primary care persons are not adequately trained in the area and that parents are not alerted to the alarming results of a seemingly trivial habit," Quinn conjectured.

"Unfortunately, the second answer could be that the teeth have not been placed in the highest esteem category as are other parts of the body by the general population as well as by some of the other medical sciences," he said.

First exam

Quinn recommends that a child receive his or her first dental examination as soon as the primary teeth have erupted or when any problem with the teeth appears, but no later than three years of age, if possible.

Treatment of airway interference problems requires accurate and early diagnosis and a unified effort of qualified specialists.

"If proper airway is established during the growth period," Quinn said, "a deformity will be prevented and a healthy growth pattern of the face, jaws and teeth will be encouraged."

"I believe in conservation of God-given parts, but not to the extent that it will endanger life or make life unnecessarily difficult."

The North Carolina Dental Journal of which Quinn is editor, is the official publication of the North Carolina Dental Society.



DID GRANDMA KNOW BEST?—Joe Graedon talks about home remedies that work and over-the-counter medications that don't in his best-seller "The People's Pharmacy." He will teach a course in the Continuing Education series this fall. (Photo by John Becton)

Pharmacology course one of 27 offered

Pharmacology for People, a kind of treat-yourself-from-the-corner-drug-store course, will be one of the 27 subjects offered this fall by the Office of Continuing Education.

Joe Graedon, author of the best-seller, "The People's Pharmacy: A Guide to Prescription Drugs, Home Remedies and Over-the-Counter-Medications," will teach the four-week course.

Besides materials covered in his book, he will devote a lecture to the common cold and the use of Vitamin C in its treatment.

Graedon, who is writing a sequel to "The People's Pharmacy" and a pharmacology textbook for health science professionals, has a master's degree in pharmacology from the University of Michigan. He has appeared frequently on national television talk shows, National Public Radio and WUNC-FM.

The class will be given from 7:30 to 9 p.m. Wednesdays, beginning Sept. 21, at Sherwood Githens Junior High School.

Of the other courses offered, several — Working Women in Transition, Assertive Behavior: Positive Self-Expression, and Lifework Planning for Women — are geared to help women cope with problems stemming from new life styles.

Two seminars, one on financial planning and on starting your own business, also will be offered.

A new feature of the program will be the awarding of continuing education units to participants, Marilyn Hartman, associate director of the office, said. The units will be recorded and available in transcript form.

Details of the courses and seminars, for which fees are charged, can be obtained from Hartman by calling 684-6259 or by writing her at 107 Bivins Building.

19 nurses receive MSs

Nineteen graduating students have been recognized for completing the 12-month Master of Science in Nursing program.

Each student was hooded as symbolic of the degree during the ceremony at 7 p.m. Aug. 11 in the Duke Museum of Art.

Dorothy Brundage, acting director of academic programs, presided in the absence of Dr. Ruby Wilson, dean of the School of Nursing, who was in China. The guest speaker selected by the students was Dr. Nancy Woods, associate professor in the School of Nursing.

A reception for families and friends of the candidates and faculty and staff of the graduate program followed the ceremony.

Graduates from North Carolina were

Diane Alvan, Greenville; Gail Butler, Chapel Hill; Marshall Clarke, Durham; Faith Graham, Chapel Hill; Nancy Haddock, Raleigh; Martha Henderson, Greenville; Susan Labarthe, Durham; Mary Matteson, Chapel Hill; Caryl Morawetz, Chapel Hill; Sally Rankin, Durham; and Darcy Watson, Whitaker.

Out-of-state graduates were Susan Denney, Washington, D.C.; Constance Harris, Cleveland, Ohio; Barbara Kalinowski, Arlington, Mass.; Eleanor McConnell, Columbia, Md.; Elizabeth Munsat, Seattle, Wash.; Barbara Noerr, Lewistown, Pa.; and Requa Tolbert, Ft. Worth, Tex.

Elizabeth Seeley from Thunder Bay, Ontario, Canada, was the only foreign graduate.

Intercom

is published weekly by the Office of Public Relations, Duke University Medical Center, Box 3354, Durham, N.C. 27710.

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