

**INTERNSHIP IN FLUOROSIS FOR TEACHING AND CLINICAL FACULTY OF MEDICAL
AND DENTAL SCHOOLS OF DEVELOPING COUNTRIES,
JANUARY 17-21, 2011, DELHI, INDIA**

Fluorosis is a well-defined disease caused by fluoride poisoning or toxicity. It is prevalent in most parts of the world due to the consumption of fluoride through water and food containing fluoride, the long term treatment with fluoride-containing drugs, the use of dental products containing fluoride, and the exposure to industrial fluoride emissions.

Although fluorosis is increasing in prevalence, patients seldom get appropriate diagnostic attention from hospitals because of a lack of awareness of the manifestations of the disease. The symptoms of fluorosis mimic those of many other conditions and have baffled many medical and dental professionals. If the condition is not recognized, inappropriate treatment may result in adverse outcomes.

Fluorosis affects teeth, bone, and soft tissues. When dental fluorosis affects the teeth of children it causes a distinct, overtly visible discolouration with well delineated characteristics. It may mimic amelogenesis imperfecta and even dirty teeth. Therefore an adequate knowledge of the disease is necessary to arrive at the correct diagnosis. Dental surgeons need to be able to differentiate dental fluorosis from other dental disorders. Orthopedic surgeons need to be able to differentiate joint pain due to skeletal fluorosis from other bone disorders. Diabetologists need to be able to differentiate the polyuria and polydipsia accompanying fluorosis from diabetes mellitus. Pediatricians need to be able to differentiate children suffering from rickets due to calcium and vitamin D deficiency from bow-leg/knock-knee due to fluorosis and IDD (Iodine deficiency disorders) before prescribing medicines. Obstetricians and gynecologists need to be able counsel pregnant women who have fluorosis with low hemoglobin and anemia despite consuming a diet with an adequate iron intake. Couples where male infertility is the result of fluorosis need appropriate counseling before considering *in vitro* fertilization.

In response to this situation I have made arrangements for an internship programme in fluorosis. I invite applications from the faculty of medical and dental schools and colleges in the developing world for attending a 5-day internship programme, January 17-21, 2011, at the Fluorosis Foundation of India, Delhi, India.

The curriculum will include the effects of fluoride poisoning on both soft and hard tissues, the diagnosis of fluorosis, therapy by the provision of safe water and a nutritious diet, and prevention, including the prevention of fluorosis-induced anaemia in pregnancy.

The course fee is US\$1,500. Bed and breakfast accommodation is available, within 10 km, at Ahuja Residency (www.ahujaresidency.com). The cost of travel and accommodation is additional to the course fee. Candidates should arrive on 15 January prior to starting the course at 0930 on 17 January 2011. Sight-seeing information is available from Trail Blazer Tours India (www.trailblazertours.com).

The application form and other details may be obtained from the Fluorosis Foundation of India's website: www.fluorideandfluorosis.com. During January, in North India, it is winter and weather will be cold with the temperature ranging from 7 to 15°C. The closing date for applications is October 29, 2010. The class size is limited and early application is advised.

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Photograph by Neal Cross, Multimedia Gallery, <http://gallery.hd.org>
Monkey at Kanheri Caves, Mumbai, India.