



Sandra Hahn (l) and Kathryn Dick at the Diabetes in American Indian Communities national conference.

Siletz Diabetes Program Presents at National Conference

A team from Siletz presented at the national conference, Diabetes in American Indian Communities, that was held in Albuquerque, N.M. Sandra Hahn, RN, Kathryn Dick, Connie Delisio, RN, and Cathy Rasmussen, RN, designed a poster presentation to show the many activities that Siletz has been involved in over the last year.

Other presenters at the conference included David Sacher, U.S. surgeon general; Wilma Mankiller, author and activist; and Peter Bennett, National Institutes of Health-Pima Indian diabetes researcher for 30 years.

More than 800 people attended the conference to share ideas and research about diabetes prevention and management. Although diabetes is a huge problem in the Native community, it was exhilarating to see so many people working toward solutions!

Medication Refills

Please use the pharmacy's 24-hour refill line to request your medicine - 444-9624. When you notice your medicine is getting low, call in your refill request. You can even do this in the middle of the night or on weekends. The machine is on at all times.

Be sure to allow 72 hours (three days) for your refills. Many prescriptions need your doctor's approval for refill. If your doctor works part-time, this may mean extra time is needed. You do not need to call again. If you allow three days, your medicine **will** be ready

Strong Siletz Women Class Offered

The Health Education Department is offering an exciting program designed specifically for women. Strong Women Stay Slim is based on the book by Miriam E. Nelson and on a similar program taught by Noani Wolfe on the Blackfeet reservation in Browning, Mont. This program helps women lose weight as they gain strength and wellness.

The author of the program started doing research on osteoporosis, studying the effects of strength training in preventing bone loss. Amazing results included improvement of bone loss and strength - and also weight loss. Additionally, the program is effective treatment and prevention for many ailments, including depression, diabetes, arthritis, heart disease, and even cancer.

This program has three major components. The first, and most important, is strength training. These six exercises can be done in about 20 minutes and should be done three times a week. The other two parts are healthy eating and being more active.

Women of all ages and shapes can benefit from this program. Classes meet once a week for 11 weeks starting in January. Class size is limited, so even if you are unable to make this next class session, let us know so we can place you on a waiting list.

For more information, call the Siletz Clinic, Health Education Department, at 541-444-1030 or 1-800-648-0449. Ask for Sandra Hahn or Kathryn Dick.

Rx for Good Health

1. Moderate physical activity X five days/week for 30 minutes
2. Eat at least five fruits and veggies/day
3. Avoid toxins (i.e. tobacco, alcohol, smog)
4. Responsible sexual behavior

For best results, follow this prescription each and every day!

David Satcher, MD, Ph.D.
U.S. Surgeon General

Have You Had Your Flu Shot Yet?

Flu shots are still available! While you get the best protection for the longest part of the season by getting them earlier, it can still help.

The vaccine will work to give safe and effective protection within about two weeks and lasts about a year. Remember, the flu is miserable and sometimes serious. This shot can save you all that suffering!