



NPAIHB Features Clinic, IHS Director at Meeting

The Siletz Community Health Clinic shared the stage at the Northwest Portland Area Indian Health Board quarterly meeting with Dr. Michael Trujillo, director of the Indian Health Service.

In January, Judy Muschamp and Marlene Van Noy shared with approximately 100 board members and visitors the steps that the Siletz Clinic took to prepare for its accreditation survey last August with the Accreditation Association for Ambulatory Health Care, Inc. The clinic became one of the first of the self-governed tribal clinics in the Northwest to achieve full accreditation. Accreditation is a demonstration of a commitment to continual self-evaluation and improvement and a standard that IHS requires of its clinics.

Muschamp and Van Noy followed a presentation by Dr. Michael Trujillo, who gave the board an update on regional and national IHS activities.



Judy Muschamp, Dr. Michael Trujillo,
and Marlene Van Noy

Other events at this three-day meeting included open houses at the newly remodeled Portland Area Office and the Portland Health Board offices. Other presentations included other tribal clinic updates; information about the federal Health Care Financing Agency (HCFA) from Ernie Kimball, AI/AN Liaison HCFA; Barbie Johnson on fitness that included some chair exercises; an update on a program for early detection of cancer in men by the NTCCP Prostate Project; and a proposal from Craig Vanderwagen, MD, from IHS to work on a collaboration health program with indigenous peoples throughout the world.

Risks Linked to Tobacco Smoke

Studies have shown that people with diabetes who smoke cigarettes are:

- ✓ At greater risk of developing kidney damage (nephropathy), a disease that leads to kidney failure.
- ✓ At greater risk of developing neuropathy, a condition that causes numbness and pain in the hands and feet. It makes injuries to your feet more serious because you can't feel them.
- ✓ At greater risk for developing hardening of the arteries, especially if you already have high blood pressure.
- ✓ At greater risk for the development and progression of eye damage, which may lead to blindness.
- ✓ At greater risk for a heart attack and impaired circulation in the legs.

Strong scientific evidence exists that breathing secondhand smoke can have some of the **same effects** on the health of the **diabetic non-smoker** as on the health of the **diabetic who smokes**.

*United Indian Health Services, Inc. -
NATIVE Tobacco Project*



She's Back!

Laura Bremner left the clinic awhile back to work as a Tribal Council secretary. After working a year in this position, she returned to the clinic as the executive secretary to our health director, Judy Muschamp.

We missed her when she left and are really happy to have her smiling face back at the clinic! Welcome back, Laura!

Diabetes is a Growing Problem for Native Americans

Years ago, Native Americans did not have diabetes. Elders can recall times when people gathered and hunted food for simple meals. People walked a lot. Now we eat more fatty foods and are less active.

In some Native communities, almost half of their people have diabetes. Children are even getting type 2 diabetes, which is usually an adult disease. We need to take control of diabetes for you, your family, and tribal community.

Diabetes is a serious disease that can cause many problems from head to

toe. It often harms the heart, eyes, kidneys, and feet.

The good news is that we can control diabetes! Early diagnosis is important because managing your diabetes will prevent complications. You are more likely to get diabetes if:

- You are Native American
- You carry too much weight
- You are not active
- You are a woman who has had a baby who weighed more than 9 pounds at birth

- You have a family member with diabetes

Some people with diabetes do not feel bad or have any noticeable symptoms. That is why it is sometimes called a silent disease. If you are an adult with two or more of the risk factors listed here, ask for a diabetes check. A simple finger-stick blood test is the first test. If that one is OK, be sure and get it checked every couple of years.

For more information or **to be checked for diabetes**, call the Siletz Clinic or your area office.