



April is Alcohol Awareness Month

The American Medical Association has long identified alcoholism as a disease and the accepted definition is: "Alcoholism is a primary, chronic disease with genetic, psychosocial, and environmental factors influencing its development and manifestations. The disease is often progressive and fatal. It is characterized by continuous or periodic impaired control over drinking, preoccupation with the drug alcohol, use of alcohol despite adverse consequences, and distortions in thinking, most notably denial."

Some people should not drink at all. They are:

- Women who are trying to conceive or who are pregnant. Major birth defects, including fetal alcohol syndrome, have been attributed to heavy drinking by the mother during pregnancy. Even with moderate or light drinking, no one has been able to determine a safe level of alcohol intake during pregnancy.
- Anyone who plans to drive or take part in activities that require attention or skill. Most people retain some alcohol in their blood up to two or three hours after a single drink.
- Anyone who uses prescription and over-the-counter medication. Alcohol may alter the effectiveness or toxicity of medicine. Also, some medicine may increase blood alcohol levels or increase the adverse effects of alcohol in the brain.
- Individuals of any age who cannot restrict their drinking to moderate levels. A special concern exists for recovering alcoholics and people whose family members have alcohol problems.

Studies have shown that people whose parents have alcohol problems have a four times greater chance of becoming alcoholic. Other research says that the earlier people start to drink, the more likely they are to develop alcoholism.

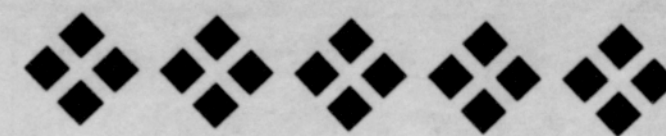
Children and adolescents should be strongly encouraged not to drink, and if they plan to experiment with alcohol, to wait as long as possible until their bodies are fully developed. Many experts who have studied the effects of alcohol consumption by Native Americans say that Native people are four times more likely than the general population to have the disease of alcoholism.

Alcohol use causes many other diseases, which usually are named as the cause of death when the true cause was actually alcoholism. Liver disease, or cirrhosis, is what most people think of when they know someone has died of alcoholism. Even just a few drinks per week increases the risk of breast cancer.

Alcohol use along with cigarette smoking and the use of snuff and chewing tobacco causes cancer of the oral cavity, esophagus, and larynx. Other public health dangers associated with alcohol use are hypertension, obesity, stroke, cardiomyopathy, accidents, and suicides.

If you think you or someone you know may have a drinking problem, help is available. Counselors trained in doing complete assessments and assisting in treatment planning are available to the tribal community. Please call 541-444-8286 or 1-800-600-5599.

April 7-9 is Alcohol Free Weekend. This is a nationally observed weekend. Let's all observe it together!



Alcohol Free
Weekend
Siletz Tribal
Alcohol and Drug
Program
Staff, Clients,
Alumni, and
Friends
Gathering
Games, Food, and
Visiting
Saturday
April 8
6 to 10 p.m.
Transitional Living
Center



Diabetes Day

Diabetes Day is the last Thursday of each month. It's a chance for diabetic patients to get needed exams on a day with special time slots for them. Additional services are offered on that day with Dr. Prins, a foot specialist.

Medical, lab, optometry, and dental services are available. Casey Bolan, clinic receptionist, can help you set up several appointments on one day. Join us for lunch (12-1 p.m.) at the community center, too!

April 27
May 25
June 29

Call the clinic for your appointment
541-444-1030

Guarding Against Hepatitis

Hepatitis A

- Get vaccinated.
- Wash your hands before eating or preparing food, especially after using the bathroom, changing a diaper, or cleaning a diaper-changing table.
- Don't eat uncooked shellfish.

Hepatitis B and C

- Get vaccinated for hepatitis B (there is no current vaccine for C)
- Don't share razors, toothbrushes, nail clippers, or other items that may come into contact with a person's blood.
- Use only sterile instruments for manicures, piercing, and tattoos.
- Practice safe sex.