



## Moe Signs Physical Therapy Contract

Congratulations to Eugene Moe, physical therapist, on his new contract with the Siletz Community Health Clinic.

The clinic has contracted with Moe as the physical therapist for the Siletz Tribe. He has been a physical therapist for the past 35 years, 18 of which have been in Lincoln County. His track record after moving here from the Montana area includes physical therapy clinics in Waldport, Cottage Grove, Lincoln City, Reedsport, Albany, Pacific Communities Hospital in Newport, and Toledo Hospital. He began working for the Siletz Tribe full time in 1998.

In July 2000, Moe signed a new independent contract with the Siletz Clinic. On July 10, the Physical Therapy Department began treating other referred patients. These patients are not necessarily eligible for care at the clinic, but may be accepted as new physical therapy patients. In other words, physical therapy is now available to the general public.



Eugene Moe (l) and Willo B. John

In addition, Moe has added an on-the-job-training program where he is training Siletz Tribal member Willo B. John as a PT therapist aide. She also is the PT receptionist and runs the front office under the direction of Erin Kirk, medical support supervisor.

Office hours are 8:30 a.m. to 4:30 p.m., Monday through Thursday. Moe is dedicated to providing physical therapy to the tribe and has earned high merits in his profession. Glad to have you aboard!

## Tobacco Facts

by Danelle Zosel-Sanderson, Tobacco Prevention and Education Coordinator

### It's The Law

The Legislature passed House Bill 3590, which makes possession of tobacco products by any person under 18 years old against the law. Youth can be fined as much as \$100 for possessing tobacco.

Fines between \$100 and \$500 can be levied against anyone who sells or distributes tobacco to minors (including parents).

This bill became effective in September 1991

### Facts Supported by the American Cancer Society and the Center for Disease and Prevention

#### 20 minutes after a smoker quits:

- ⇒ Blood pressure drops to a level close to that before the last cigarette
- ⇒ Temperature of hands and feet increases to normal

#### 8 hours after a smoker quits:

- ⇒ Carbon monoxide level in blood drops to normal

#### 24 hours after a smoker quits:

- ⇒ Chance of heart attack decreases

#### 2 weeks to 3 months after a smoker quits:

- ⇒ Circulation improves
- ⇒ Lung function increases up to 30 percent

#### 1 to 9 months after a smoker quits:

- ⇒ Coughing, sinus congestion, fatigue, shortness of breath decrease
- ⇒ Cilia regain normal function in lungs, increasing ability to handle mucus, clean the lungs
- ⇒ Reduce infection

#### 1 year after a smoker quits:

- ⇒ Excess risk of coronary heart disease is half that of a smoker

#### 5 years after a smoker quits:

- ⇒ Stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting

#### 10 years after a smoker quits:

- ⇒ Lung cancer death rate is about half that of a continuing smoker
- ⇒ Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases

#### 15 years after a smoker quits:

- ⇒ Risk of coronary heart disease is that of a non-smoker

If you or anyone you know is interested in Freshstart Smoking Cessation Classes, please contact the CHA in your area or Danelle Zosel-Sanderson at the SCHC.

(See Tobacco Industry on page 25)