




SHE'S WATCHING...



**WHAT TRADITIONS ARE YOU TEACHING?
USING CIGARETTES IS A DANGEROUS ADDICTION**

The Siletz Community Health Clinic's Tobacco Prevention and Education Department has Quit Kits available for tobacco users. If interested, please call 1-800-648-0449 or 541-444-9661. Also, the Oregon Tobacco Quit Line offers free quitting information, one-on-one telephone counseling, and referrals. Call toll-free 1-800-270-7867 or 1-800-270-STOP. Hours are Monday-Thursday, 9 a.m. to 8 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday, 9 a.m. to 1 p.m.

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**Elders Health
Update**

Flu Shots: The clinic has finally received the flu vaccine. You will need to call the following numbers for an appointment - 541-444-1030 or 1-800-648-0449. You might want to take the following Flu Quiz to see how much you know about the vaccine.

Flu Quiz

1. You just got your flu shot, so you can rest easy. It's effective right away. True or False
2. The flu vaccine is not 100 percent effective. True or False
3. The flu vaccine actually causes the flu in some people. True or False
4. Health authorities say the best time to get your flu shot is during October and November. If you haven't gotten it by then, you'll

have to take your chances. It's already too late. True or False

5. If you got the flu vaccine last year, you need to get it again this year. True or False

6. The flu is one of the top 10 causes of death in the United States. True or False

7. Is it the flu or a cold? If you have a fever, it's probably a cold. True or False

8. Once you have the flu, there is no effective medical treatment. You just have to let it run its course. True or False

Flu Quiz Results

1. False -- According to the Centers for Disease Control and Prevention, it takes a week or two for the vaccine to become effective.

2. True -- All the same, it is 70 percent to 90 percent effective at keeping the flu at bay, or at least minimizing the severity of the illness.

3. False -- To cause the flu, the vaccine would need to contain live virus. It doesn't. According to the CDC, recent research found that the only ill effects caused by the flu shot are a sore arm and redness at the injection site.

4. False -- The vaccine still has benefits even for people most at risk, such as older adults and people with chronic illnesses.

5. True -- The effectiveness of your shot drops off with time. Also, flu strains change from year to year.

6. True -- One of the primary complications of influenza infection is pneumonia.

7. False -- Fever with cold is rare. Fever with respiratory symptoms such as cough are common with influenza.

8. False -- There are now medications - amantadine, rimantadine, oseltamivir, and zanamivir - that may ease flu symptoms and knock a few days off the usual course of the illness.

**New Refill
Policy at Clinic**

Effective Jan. 15, 2001, refills cannot be dispensed from the Siletz Pharmacy more than three days in advance of the refill date for a 30-day supply or more than five days in advance of the refill date for a three-month supply.

Should a special situation arise, written authorization from the prescribing provider will be required. Should a patient request an early refill more than once a year, he or she will be responsible for the cost if it is not covered by insurance.

**Diabetics
Footcare Tip**

Question: If my feet don't hurt, should I still check them every day?

Answer: Yes! You should examine your feet at the end of each day to be certain that there are no sores, cuts, or areas where your shoe is rubbing against your foot.

Because people with diabetes may lose pain sensation in their feet, they may develop ulcers and open sores and not notice them because they do not hurt. Without medical attention, sores may continue to be irritated and not heal properly.

Although your health care team should examine your feet at each visit, you need to be on the lookout for any small areas of redness or bleeding. Shoes that are comfortable and fit well are essential. Special shoes can be made for you if your feet are difficult to fit. Always wear socks or stockings to provide padding between your feet and your shoes. The longer a patient has diabetes, the more common foot problems are. Preventing foot sores is much easier than trying to heal them.

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