



## Tribal Council Approves Health Benefits

On Dec. 16, 2000, the Siletz Tribal Council approved a health benefits plan using up to \$200,000 in excess gaming revenue set-aside funds. The package is intended to assist Siletz Tribal members who live outside the 11-county service area. The following benefits will be available on a first-come, first-served basis:

1. Increased maximum pharmacy benefits for tribal members who live outside the 11-county service area from \$400 to \$500 per year. This increase became effective on Jan. 1, 2001. The Contract Health Services program, through a modification to the Pequot Rx program, will administer this benefit. If you already have a Pequot card, your maximum benefit will automatically increase. If you do not have a pharmacy card, you must register with the Health Department. To obtain an application, send your request to Confederated Tribes of Siletz Indians, CHS Program, PO Box 549, Siletz, OR 97380. Or you may call Selina Kissinger, CHS technician I, at 1-800-628-5720.

2. In addition to the above, effective Feb. 1, 2001, tribal members who live outside the service area may pick **one** of the following three service options:
  - a) Purchase eyeglasses or contact lenses, with an exam, up to \$400.
  - b) Purchase upper and/or lower dentures, with exam, up to a maximum of \$1,200.
  - c) Purchase a hearing aid, with exam, up to a maximum of \$1,400.

The tribe's Fringe Benefits Department will administer options a, b, and c on a prior-authorization basis. To pre-authorize your benefits, please call Jack Boyer or Debbie Williams at 1-800-922-1399, ext. 377 or 277. A committee will meet weekly to review claims and fund balance. After all first requests are processed, tribal members may be given the opportunity to access a second of the three options listed above if funds are available. This will continue until all funds have been exhausted.

This is an historic first step in the Council's desire for gaming revenues to benefit the entire tribal membership.

## Heavy-Drinking Women and Health Problems

Women should not drink alcohol. The physical aspects of alcoholism alone are devastating.

The more alcohol a woman drinks, the more alcohol her body requires, causing dependency. A woman's body learns to metabolize alcohol, increasing the physical need to drink more. Therefore, her consumption of alcohol in early stages starts changing, requiring her to drink more to produce the same levels of intoxication. As a result, the body of an alcoholic female

develops many health problems, including liver damage, hormonal problems, and high blood alcohol levels.

A liver cannot operate when abused by alcohol. It breaks down protein, stores fat and vitamins, purifies the blood, and maintains blood sugar levels. Women who drink alcohol store unneeded fat in the liver. The more alcohol a

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## Tooth Talk

by Linda Kreutzer, RDH

### Why floss?

What's the big deal about flossing, anyway? Why is it that the dentist, and especially the dental hygienist, always ask, "Have you been flossing?" It's not to see how honest you are; it's to let you know that flossing is important. Here's why:

- +Toothbrushes cannot reach between teeth to clean out plaque.
- +Plaque is full of bacteria and bacteria causes gum disease and cavities.
- +Gum disease causes bad breath, loose teeth, and loss of teeth.

### How often do I need to floss?

You should floss at least once a day. New "colonies" of plaque form every 24 hours, growing and multiplying. Keeping the bacteria count low can keep gum disease low, too.

### What about preventing cavities?

Flossing helps a lot because it removes plaque that collects between teeth. When plaque "hides" in those impossible-to-reach spots, it just sits there and ferments. Plaque is acid-like and strong enough to eat holes in enamel. Enamel is 30 percent harder than bone, and plaque can destroy enamel. It's nasty stuff. Remember, our toothbrushes remove only 50 percent of the plaque in our mouths. To control decay and gum disease, the other 50 percent of plaque should be removed by floss.

### What type of floss is best?

Whatever works for you. Many different kinds and flavors of floss are available. Floss comes waxed and unwaxed, fuzzy, and ultra slippery. My favorite is Glide, which is nearly impossible to get "stuck" between your teeth. Try some; we have free samples at the Siletz Clinic.

### I can't floss!

Don't worry if you're not an "ace" flosser. Here are a few tricks. Cut off a 12-inch piece. Hold a one-inch section with your thumb and first finger (pinch an inch). Use a gentle seesaw motion. Try to wrap the floss down and around the tooth. If your gums bleed when you floss, that's a signal that they aren't healthy, and must be kept much cleaner so they can heal. If bleeding persists after flossing for 10 days, see your dentist.

**Remember: Only floss the teeth you want to keep!**

## Vitamin K and Bone Health

Vitamin K is an essential nutrient for the body because it helps blood to clot. Research suggests that it also is important for good bone health. Vitamin K helps activate at least three proteins that build and maintain strong, healthy bones.

If you're between ages 18 and 44, you probably aren't getting enough vitamin K in your diet. The recommended daily allowance (RDA) for vitamin K is 65 micrograms (mcg) per day for adult females and 80 milligrams per day for adult males.

Vitamin K is fat-soluble. Its most common form, phylloquinone, is found in dark-green vegetables and in oils such as soybean oil. Green leafy vegetables provide 50 to 800 mcg of vitamin K per 3.5-ounce serving. Some common vegetables high in vitamin K include broccoli, cabbage, kale, spinach, and turnip greens.