



Are You at Risk for Developing Diabetes?

by John Jasper, Diabetes Coordinator

The American Diabetes Association (ADA) estimates that one in six people over age 65 has diabetes, or 4.2 million Americans. Recent evidence suggests that diabetes is expected to increase as much as 165 percent over the next 50 years. With education and lifestyle changes, a great majority of diabetes can be prevented.

Do You Know the Risk Factors?

Native American heritage

Over age 45

Inactive and sedentary lifestyle

Previous or current impaired

fasting glucose

Overweight

Family history of diabetes

Abnormal blood cholesterol

History of diabetes during pregnancy

Having a baby that weighed more

than 9 pounds at birth

What You Can Do

Call your clinic and make an appointment with your health care provider or your certified diabetes educator. With education and/or early detection, we can prevent some of the complications associated with diabetes. Call the Siletz Community Health Clinic at 541-444-1030 or 1-800-648-0449 for more information.

Allergies/Asthma Affect Work

A survey of 300 adults with asthma and/or nasal allergies suggests that these conditions may cause people to take more sick days from work and have decreased work effectiveness. Results of the survey, which were published in the June 2001 issue of the Journal of Clinical Epidemiology, showed that those with asthma were more likely to take full days off from work while those with nasal allergies alone were more likely to take partial days off. If you suffer from either asthma or allergies, talk to your physician to discuss treatment options. With proper treatment, you'll be working at your best!

Source: www.emazing.com

More Dieting Damage

Two recent studies confirmed that high school girls who diet are more likely to gain weight at the end of four years than those who don't. The researchers suggest that the girls, like most unsuccessful dieters, suppress their desire to eat and end up actually overeating when their desires outweigh their willpower. A positive influence on healthy eating for the girls is the family dinner – if parents make it a priority, their children learn first-hand what balanced eating is and develop healthier habits to last a lifetime.

Source: www.emazing.com

Medical Terminology

The years of training that a physician must endure makes it somewhat difficult to recall which medical terms and words are unique to the medical profession and which are widely known. For this reason, your physician may use medical terminology that you don't understand.

Do **not** be afraid to ask your doctor to explain what he or she is saying. It ultimately will be to your benefit.

Source: www.emazing.com

Tooth Talk

by Linda Kreutzer, RDH

Sealants

During April, the Siletz Community Health Clinic is offering a special service to grade-school children at Siletz School. All children (grades 1-8) whose parents or guardians sign a permission form can come to the clinic and have sealants placed on their teeth **for free!** The clinic supports the idea of preventing tooth decay **before** it starts. The Dental Sealant Project will take place April 22-24.

What are dental sealants?

Dental sealants are thin, white, plastic coatings that are applied to the chewing surfaces of the back teeth. Most tooth decay in children and teenagers occurs in these back teeth (molars). Before decay can begin, sealants are placed to fill in the small grooves in the molars.

Which teeth are suitable for sealants?

The teeth most likely to benefit from sealants are the permanent molars. First molars come into the mouth when a child is about 6 years old. Second molars appear at about age 12. Children from age 5 to 14 benefit most from sealants. After an examination, a dentist will determine which teeth can be sealed.



Does it hurt?

Absolutely not! Getting a sealant is quick and easy. Application requires no shots or drills. The tooth is first cleaned with a special liquid and then the sealant is “painted” on the tooth. The material goes on as a liquid (it flows into the cracks of the tooth), then hardens with help from a special fiber-optic light. A finished sealant is almost invisible and cannot be felt by the tongue.

How long will it last?

One sealant application can last for as long as 5 to 10 years. Sealants should be checked annually by your dentist to make sure they are in place. Sealants have been used for more than 20 years. They have proved to be **very** effective in preventing decay. Ask your dentist if your children can get sealants. With regular brushing, flossing, and **sealants**, a child may never have a cavity or need a filling.

If your child attends Siletz School, ask the school secretary for a Sealant Parent Permission form. Several permission forms already are in. The school will accept completed and signed forms until April 18. Don't let your child miss out on the lifetime benefits of sealants.

Blending Herbs with Medications

If you are currently on drug medications, talk with your health care practitioner or pharmacist about adding herbal remedies to your treatment plan. There are a few drugs and herbal remedy combinations to avoid. Seek professional advice to stay safe and healthy.

Source: www.emazing.com