



## Diabetes Retreat

May 9 – 9 a.m. to 5 p.m.  
May 10 – 9 a.m. to 3 p.m.  
Siletz Tribal Community Center  
Questions?  
Call John Jasper or Laura Bremner  
1-800-648-0449 or 541-444-1030



## Quitting Checklist

Need some tips to keep your commitment to stop smoking? The following checklist helps you keep track of important steps to establish a personal support system that will make the quitting process easier. Post this list on your refrigerator or in another area where you will be sure to see it frequently.

### 1. Deciding to Quit

- Decide what your reasons are for quitting.
- Mark **World No Tobacco Day** (May 31, 2002) on your calendar.
- Say it like you mean it. Repeat your reasons for quitting 10 times each night before going to bed.

### 2. Preparing to Quit

- Choose a tobacco cessation method. Discuss your options with your pharmacist or doctor.
- Sign on the dotted line. Put your intention to quit in writing – and sign it, or print out our on-line pledge form and sign it at [www.wntd.com](http://www.wntd.com).
- Don't go it alone. Reach out to family members and try to recruit other smokers and tobacco users to join you in quitting.
- Remove triggers. Get rid of cigarettes, tobacco paraphernalia, and that stale, smoky smell from your home, car, office, and clothes.
- Plan alternative activities. Avoid places where smokers and tobacco users congregate in favor of places where smoking and tobacco use isn't allowed. Find a hobby that keeps your mind occupied and your hands busy.

### 3. Following Through

- Enroll in a counseling support program either through local organizations or through our on-line buddy center program.
- Fight cravings by practicing the 4Ds (*Deep breaths. Drink lots of water. Delay reaching for a cigarette or tobacco. Do something: exercise, hobbies, etc.*).
- Reward yourself for not smoking or using other tobacco products.
- Remind yourself why you quit by carrying a copy of your pledge form in your wallet or purse.

## Pre-Diabetes: The New Diagnosis

by John Jasper, Diabetes Coordinator

By now most of us have heard about the new medical diagnosis called “pre-diabetes.” This article should help you understand just what it is and how it will help us live longer and healthier lives.

What is pre-diabetes and how is it diagnosed? A person who does not have diabetes or pre-diabetes has a fasting blood sugar level below 110. A person with pre-diabetes has a fasting blood sugar level between 110 and 125. If the blood sugar level is 126 or higher, a person has diabetes. These test results must be repeated on two different days to be valid. Other tests also can be used to diagnose diabetes and pre-diabetes.

As most of us know, diabetes affects up to 50 percent of the

population of some Native American communities. The **good news** is that up to 58 percent of individuals with pre-diabetes can prevent or delay the development of diabetes by making changes in our diet and increasing our activity level. Just 30 minutes a day of moderate physical activity and a 5 percent to 10 percent decrease in body weight can “turn back the clock.”

We are here to help you control your diabetes if you already have it and prevent or delay your chances of developing diabetes or pre-diabetes through our education and exercise programs. Please call the clinic at 1-800-648-0449 or 541-444-1030 and make an appointment to talk to our diabetes educator or dietician.



## Tooth Talk

by Linda Kreutzer, RDH

### The World's Five Biggest Dental Myths

- 1) **Myth:** The harder you brush, the cleaner your teeth.  
**Fact:** It's important to use a very **light** touch when you brush. Pushing your toothbrush against your teeth and gums does not increase cleaning effectiveness.
- 2) **Myth:** The stiffer your toothbrush, the better.  
**Fact:** Studies show that **soft** bristles are the most effective. Always buy soft bristles and replace your toothbrush every few months. One way to keep soft bristles soft is to run hot water over them before you brush.
- 3) **Myth:** You should keep your toothbrush **away** from your gums.  
**Fact:** If you use a gentle touch and a soft-bristled brush, it's actually **good** to massage your gums as you brush.
- 4) **Myth:** It's normal for gums to bleed a little when you brush or floss.  
**Fact:** Bleeding gums are **not** normal. Bleeding gums are a sign of periodontal disease. See your dentist.
- 5) **Myth:** Dental X-rays are risky.  
**Fact:** The typical set of dental X-rays gives you about the same amount of radiation as a single airplane flight. And that's without the protective lead apron worn at the dentist's office.