

Providers Come on Board

As many of you have heard, Dr. Trent Warren has decided to move his family back to the Canby area after serving just over two years as our medical officer. We wish him all the best in his future endeavors and know that he will fondly remember his experiences in Siletz – especially the fishing!

I am happy to announce that we will not experience a medical staff shortage with Dr. Warren's departure. We were very fortunate to find Dr. Maureen Bradley to fill in temporarily while we recruit for a permanent replacement.

Dr. Bradley is board certified in internal medicine and has been working the last 10 years in various clinics, filling in wherever needed. This gives us some time to recruit a high-quality physician who is eager to lead our medical staff in making your clinic the best place to receive care.

Starting Aug. 1, clinic patients will have a new provider from which to choose. Erin Hume, physician assistant, has been recruited to fill the vacancy left by Megan Evans. Erin is originally from the Eddyville/Harlen area and is excited to return home. She, her husband, and two children have been

living in Galena, Alaska, where she has served as the village medical provider. Please help us welcome Erin to our clinic.

Also, we will have our new full-time dentist on board very soon. Dr. Mark Moeller recently completed his general practice residency in Madison, Wis. He and his new bride, Naomi, will move to our area as soon as they return from their honeymoon.

I want to thank our patients who have been so understanding during this past year of staff shortage in the dental program. Dr. Teich and his staff have done an excellent job of meeting the emergent needs of our patients and look forward to having Dr. Moeller here so we can return to normal patient scheduling.

To schedule appointments, please call the clinic at 1-800-648-0449 or 541-444-1030.

Outside-Area Health Benefits

The Tribal Council recently approved an additional \$130,000 from gaming revenue for health care

benefits for tribal members who live outside of the 11-county service area. Past benefits have been used for vision, dental, and hearing.

The Health Committee is interested in your recommendations for using these new funds. Some options we have discussed include increasing the pharmacy benefit or continuing to fund requests for vision, dental, and hearing. We hope that everyone who has needed these services has been able to access them through the Fringe Benefits department.

The ultimate goal for our membership, of course, is to purchase health insurance coverage. The council continues to build an endowment fund toward that goal: \$100,000 of FY2001 excess pledge revenue was deposited into the fund.

If you have recommendations for the Health Committee, please send a brief note to Siletz Tribal Health Committee, CTSI, P.O. Box 549, Siletz, OR 97380-0549.

The committee has scheduled its next meeting for Aug. 19 and plans to formulate its recommendations for Tribal Council's consideration.

Bite Your Tongue

Your tongue has many nerve endings and blood vessels. That's why biting your tongue can cause severe pain and bleeding.

If you bite your tongue, clean the area gently and then apply a cold compress to reduce any swelling. If the swelling or bleeding does not stop immediately, seek emergency medical treatment.

Source: www.emazing.com

Avoiding Heartburn

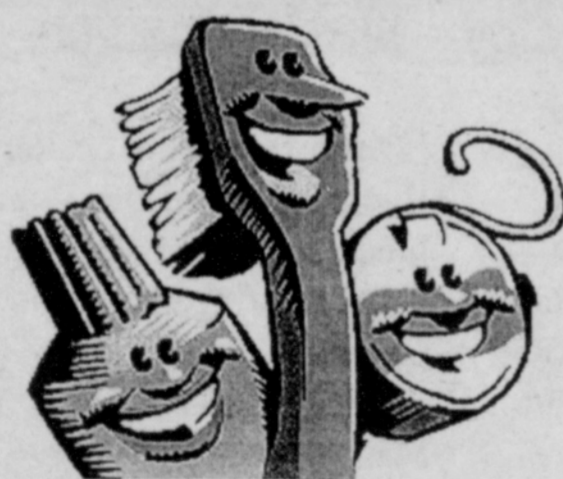
You can take many steps to help prevent the symptoms of heartburn.

First, watch what you eat. Stay away from spicy, acidic, or high-fat foods. Second, don't smoke or drink alcohol.

Finally, many people find that eating smaller meals and not laying down for at least two hours after eating also helps. For this reason, don't eat within a few hours of going to sleep.

If you suffer from heartburn, see your doctor for further evaluation and to discuss treatment options.

Source: www.emazing.com



Tooth Talk

by Linda Kreutzer, RDH

Summer Snacks

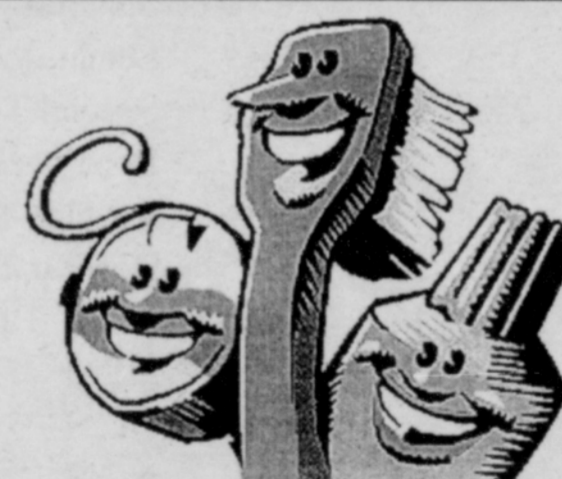
Blueberries, peaches, raw and fresh vegetables! This is the time of year to enjoy **different** kinds of fresh foods.

Kids love to eat fresh fruit in season and like adults, welcome a change. Most children will naturally choose healthy, wholesome foods (like raw fruits and vegetables) if those items are available. Drinking pop with sugar and eating junk foods (like chips) is learned. Kids eat what is available in the home.

It doesn't have to be a struggle to get kids to eat healthier. The trick is to have juice in the fridge instead of pop, popcorn and pretzels instead of potato chips, and to provide a **variety** of easy-to-eat fruits and veggies.

Growing bodies need five to nine servings from the fruit and vegetable group **every day!** Helping children eat these amounts can be a real challenge. Experiment by quietly trying something new.

Wash some carrots, slice into sticks, and put them on a plate (covered with clear wrap), and see what happens. Or do the same with berries, cherries, sliced



peaches, cantaloupe, or watermelon. Whatever you do, avoid saying things like, "You **have** to eat this" or "It's **good** for you." Kids will be more cooperative if they feel that what they eat is their idea.

As a reminder, children need the following **every day**:

- ☉ Milk group – two or three servings; teen-agers need at least four servings
- ☉ Meat and protein group – two or three servings
- ☉ Grain group (bread, cereal, rice, pasta) – at least six small servings

Sweet and fat snacks add calories without the needed vitamins and minerals. Fresh fruits and vegetables actually clean the teeth and don't cause tooth decay like sugary snacks such as candy, Twinkies, and pop.

Summer is here! The blueberries here in Siletz are ripe and ready for picking and enjoying!