



## The Perfect Food for Your Baby

by Barbara Danna, RN

Breast milk is the perfect food for your-baby. Babies who are breast-fed for six to 12 months have fewer health problems than formula-fed babies:

- Three times fewer ear infections
- Five times fewer urinary tract infections
- Five times fewer allergies
- ◆ Human milk is so easy to digest that breast-fed babies spit up less often and have less diarrhea and constipation.
- ◆ For every 87 formula-fed babies who die of SIDS/crib death (Sudden Infant Death Syndrome), only three breast-fed babies die from SIDS.
- ◆ Babies who are breast-fed develop fewer cancers in childhood.
- ◆ Breast-fed babies are 50 percent less likely to develop diabetes.

### A Lifetime of Good Health

Breast milk begins a lifetime of good health for your baby. People who were breast-fed as infants have:

- ⇒ Less asthma
- ⇒ Less diabetes
- ⇒ Fewer allergies
- ⇒ Less risk of heart attack and stroke due to lower cholesterol levels
- ⇒ A higher IQ
- ➔ Women who breast-feed lower their risk of breast cancer and ovarian cancer as well as osteoporosis (thinning of the bones).

## Tooth Talk

by Linda Kreutzer, RDH

### Dental Emergency: Knocked Out/Broken Off Teeth

It can happen in an instant, a horrible dental accident. Teeth are like glass – they can break, or they can get knocked out. Here's what to do if this happens to someone you care about.

**Broken-off Tooth:** Gently clean dirt from the injured area with warm water and place cold compresses on the face near the injured tooth to decrease swelling. Go to the dentist immediately. If this isn't possible, hospital emergency rooms can help with the pain of a badly broken tooth until a dentist can be located.

**Knocked-out Tooth:** Rinse the tooth gently in cold running water. Do **not** scrub tooth or remove any pieces of attached tissues. Gently insert tooth back in its socket and hold in place on the way to the dentist. If this is not possible, place the tooth in a cup of milk or cool water. Go to the dentist **immediately!** Do this within 30 minutes, if possible. In some cases, the tooth can be re-implanted successfully.

**Bitten Tongue or Lip:** Apply direct pressure to the bleeding area with a clean cloth and press tightly until bleeding lets up. If bleeding persists longer than 15 minutes or the cut is large or deep, go to the nearest hospital emergency room. If swelling is present, apply ice or cold compresses.

**Possible Broken Jaw:** Do not move jaw. Secure it in place by tying a towel, handkerchief, or piece of cloth around the jaw and up over the top of the head. Apply ice or cold compresses. Go immediately to the nearest hospital emergency room.



Shannon Chrisman, tobacco prevention and education coordinator, appeared on KBCH radio in Lincoln City, Ore. She discussed tribal tobacco prevention efforts and the tribe's \$75,000 grant from the American Legacy Foundation to involve tribal youth in a tobacco education media project.

## New Diabetes Exercise Program to Start

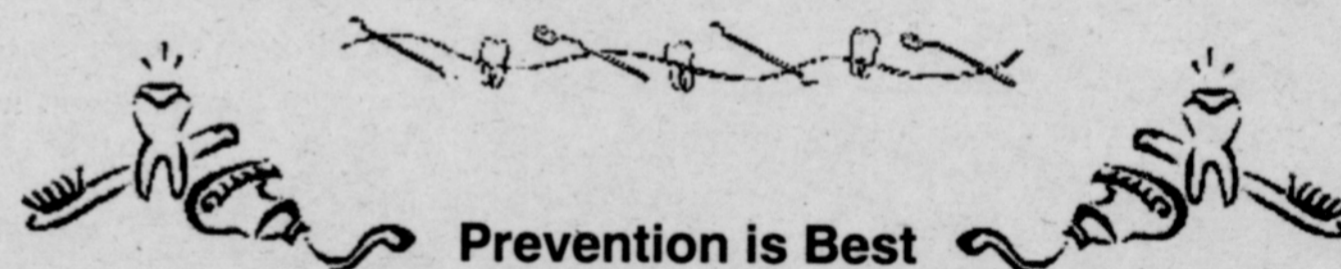
by John Jasper, Diabetes Coordinator

Attention all current participants in the diabetes exercise programs: Due to current guidelines, we will stop funding all programs effective Sept. 1, 2002, while we start up a new diabetes exercise/prevention program.

The new program will be based on your physical needs as they relate to diabetes prevention and the reduction of diabetes-related complications.

Application forms for the new program are available at the Siletz Community Health Clinic and all area offices. I must receive a completed application at the Siletz Clinic **no later than Sept. 30, 2002**, for you to be considered. Mail your form to the Siletz Clinic, P.O. Box 320, Siletz, OR 97380.

Because of limited funding, the program is based on physical need related to diabetes and its complications, and **not** on a first-come, first-served basis.



The best way to deal with a dental emergency is to prevent one.

**Always!** Wear a helmet while skateboarding, especially in a skate park. Bike riding in a skate park is another time a helmet is a **must!**

**Always!** Wear a sports mouth guard to protect teeth. A mouth guard is a comfortable plastic covering that fits over the top teeth. It covers the teeth and prevents them from chipping or breaking. It also prevents bitten tongue accidents, as the teeth cannot sharply cut the tongue while the mouth guard is in place. Mouth guards should be worn for all sports, including skateboarding, football, basketball, volleyball, and soccer.

Tribal members are invited to stop by the dental clinic in Siletz to pick up a mouth guard free of charge. Sport mouth guards can be found at Wal-Mart and Fred Meyer stores in the sports section. It's easy to drop one in hot water and form the guard to fit in the mouth yourself.

Taking care of your head, jaw, and teeth with a helmet and mouth guard is worth the effort. Ask anyone who has suffered an unfortunate sports accident.