



Tooth Talk

by Linda Kreutzer, R.D.H.

How Dental X-Rays Help You

X-rays are a very necessary and important part of the dental examination. Your dentist determines how many radiographs (X-rays) are needed. Modern dental X-ray equipment is designed for safety. Minimal amounts of radiation are emitted because of special filters and the use of ultra-fast film.

Why does the dentist need X-rays to check your teeth? Here's why:

Tooth Decay. It's best if decay is discovered early, before it begins to hurt. X-rays show decay not yet visible by the naked eye.

Toothache. X-rays help the dentist understand why a tooth (or gum area) hurts. He/she can recognize an infected (abscessed) tooth in an X-ray.

Gum Disease. It's amazing that gum disease doesn't hurt. Most people don't realize that they have periodontal disease (pyorrhea). X-rays tell the dentist if you have it or not and how it can best be treated.

Eruption Process. This is a dental term that means the process of losing baby teeth as they're replaced by permanent teeth. Your dentist needs to check your child's teeth to see if they're coming in correctly.

Cancer Detection. X-rays show the dentist if any cysts or bone abnormalities are present that may (or may not) be cancerous.

Wisdom Teeth. Where are you? X-rays show the dentist if the wisdom teeth are there or not. X-rays also make clear the position of the wisdom teeth in the jaw. The dentist begins looking for them when people are between 15 and 20 years old.

X-rays were discovered in 1895 and revolutionized both medical and dental care forever because physicians and dentists could finally see into the body. The benefits resulting from the intelligent use of X-rays far outweigh any potential negative effects.

Optometry Department Enjoys High Rate of Patient Satisfaction

Congratulations to Elizabeth John, who won a \$20 Wal-Mart gift card for participating in the Optometry Patient Satisfaction Survey in January.

Thank you to all who responded to help improve the quality of services provided in the Optometry Department. The results indicate that 80 percent of respondents found the Optometry staff to be helpful and courteous and 90 percent felt that all their concerns were addressed. Of the patients who ordered glasses or contact lenses, 85 percent received their order in a timely manner, with most receiving them in less than two weeks.

Patient satisfaction of other clinic departments will be measured in the next few months. Please help us improve the quality of our services by continuing to participate. Surveys will be available in the clinic as well as the Because We Care forms that we also use to monitor patient satisfaction. These forms are available at all times and can be submitted anonymously.

If you have any questions regarding quality measurement and monitoring, contact Erin Kirk, Administrative/Quality Improvement coordinator at the Siletz Community Health Clinic, at 541-444-1030 or 1-800-648-0449.

Diabetes Retreat Coming Up

What: Spring 2004 Diabetes Retreat.

Learn how to **take control** of your diabetes. Be prepared for two days of learning, moving, fellowship, and fun.

Who: Siletz Tribal members with diabetes and a support person; others with diabetes who receive their primary health care at Siletz Community Health Clinic (and a support person); interested Siletz Clinic staff members.

When: March 4-5, 2004

Where: Embarcadero Resort, Newport, Ore.

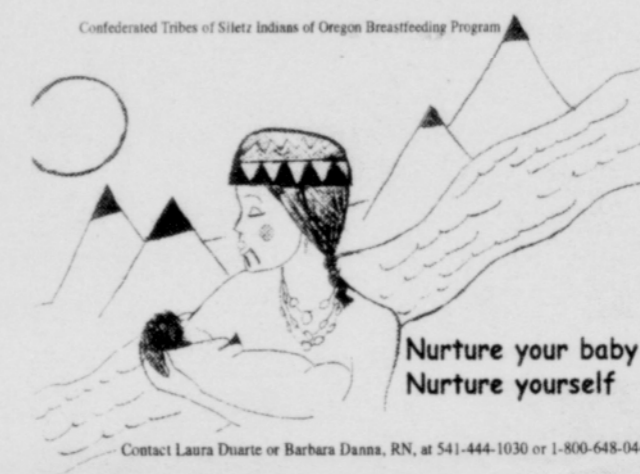
Why: The more you know about diabetes and practice good self-care, the less likely you are to develop the long-term complications that are so often associated with diabetes.

For more details and registration information, contact Darcy Trego, RD, CDE Diabetes Program coordinator, Siletz Clinic, 1-800-648-0449, ext. 647, or 541-444-9647; fax 541-444-1278; e-mail SiletzDM@ctsi.nsn.us.

Moms and Babies Breastfeeding Circle

2nd Tuesday of each month
6 p.m. – 7:30 p.m.
Housing Department
Conference Room

You're invited to come eat,
visit, and learn about
the many benefits of
breastfeeding.



Sponsored by Siletz Tribal Diabetes Grant

Oregon Health Forum Offers Scholarships

The Oregon Health Forum will award \$500 scholarships to two high school seniors from Oregon and/or Southwest Washington whose efforts have improved awareness about physical, mental, or public health issues in their communities.

Application deadline is March 9, 2004. Scholarships will be awarded in June 2004.

There is no physical application to fill out and return. To apply, submit the following to Oregon Health Forum, 325 NW 21st, Suite 104, Portland, OR 97209:

1. A cover sheet with your name, address, phone number, and e-mail address

2. An essay of no more than 500 words telling us how your efforts contributed to improving awareness of health care in your community. Also discuss your goals for a career in health care and how your work or volunteer experience influenced or contributed to that goal.
3. A letter of recommendation from an individual who is familiar with your activities related to your career goals

For more details, 503-226-7870 or visit www.healthforum.org.

