



Breast-feeding Might Prevent Weight Problems

Obesity rates among children and adults in the U.S. have been climbing. Formula-fed infants are more likely to develop weight problems by age 4 than breast-fed infants. Among the reasons for this are breast-fed children seem to be better able to self-regulate their eating at mealtimes compared to formula-fed children. Breast-fed babies likely have more control over when to stop sucking, while babies fed formula might be urged to finish a bottle even after they're full.

Breast-fed children also have been found to make an easier dietary transition to vegetables than formula-fed children.

Compared to breast milk, formula provokes a greater insulin response that may lead to early deposits of body fat.

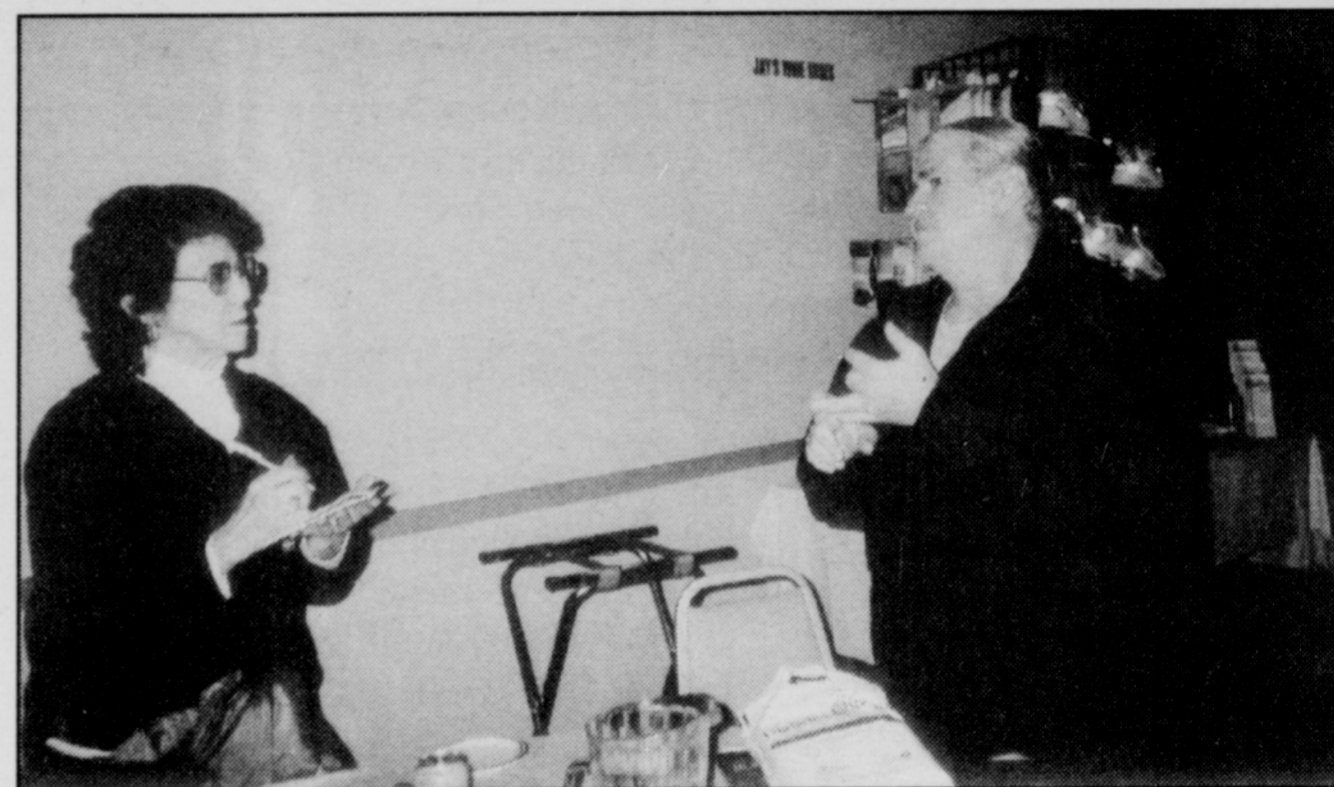
Breast-feeding is known to provide valuable nutrients and strengthen the bond between mother and child. The American Academy of Pediatrics recommends mother breast-feed for at least one year and the World Health Organization recommends two years.

In 2001, only 70 percent of new American mothers said they had breast-fed, but by the time their children were six months old only 32 percent were still breast-feeding. Low-income mothers were the least likely to breast-feed. In yet another study, less than one-third of the babies were breast-fed and only 6 percent were breast-fed more than six months.

The Siletz Tribe has a very active and powerful breast-feeding program. We've helped more than 30 women continue breast-feeding their infants over the past year. We're very proud of all of our moms.

Breast-feeding is the best source of nutrition for the human infant. It's the most natural way to feed an infant, but it's not always easy at first. With a little support and encouragement, all mothers who want to breast-feed can.

[Moms & Babies Breast-feeding Circle]
[2nd Tuesday each month, 6-7:30 p.m.]
[Housing Dept. Conference Room]



Francis Klamath talks with another participant during the diabetes retreat.

Diabetes Program Holds Spring Retreat in Newport

More than 45 people attended the Siletz Tribal Diabetes Program 2004 Spring Retreat at the Embarcadero Resort in Newport, Ore., on March 4-5.

Dr. William Polonsky, a clinical psychologist from the University of California - San Diego and author of

the book *Diabetes Burnout*, was the featured speaker. He addressed some of the mental health issues that are part of living with a chronic disease like diabetes.

Darcy Trego, Siletz Diabetes Program coordinator, introduced the "Plate Method for Meal Planning" and guided the group through a "virtual supermarket tour" that highlighted products that are healthy choices for those who have diabetes and those who are at risk for developing it.

Pat Lewis, a member of the Lincoln County Diabetes Coalition, helped those in attendance better understand the information on nutritional labels. Barbara Dougherty, Health Promotion manager at Lincoln County Health & Human Services, suggested ways that family-favorite recipes can be made healthier by omitting or reducing some ingredients and substituting others.

Shannon Rackowski from Fitness Prescription in Newport provided ideas on how to incorporate exercise into everyone's lifestyle. Dr. Darrell Prins, podiatrist at the Siletz Clinic, addressed diabetic foot care.



Tooth Talk

by Linda Kreutzer, RDH



Free Dental Sealants for Students at Siletz Valley School

In April, the Siletz Community Health Clinic is offering a very special service to first-, second-, fourth-, fifth-, and sixth-graders at Siletz Valley School. To receive sealants, all students need to do is have a parent or guardian sign a permission form, which students will bring home from school around the second week in April.

This special project will last two days and will take place at the Siletz Clinic near the end of April. Students who return signed forms will be shuttled to the dental clinic to have sealants placed on their teeth for **free!** The Siletz Clinic supports the idea of preventing tooth decay **before** it happens.

What are dental sealants?

Dental sealants are thin, white-colored plastic coatings that are applied to the chewing surfaces of the back teeth. Most tooth decay in children 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 (six year) come into the mouth when a child is in first grade. Second molars (12 year) erupt in fifth or sixth grade. It's best to get them sealed before they have a chance to decay. If teeth already are decayed or have a filling, sealants will not be done. No fillings will be done during this sealant project. Only dental screenings and sealants will be provided.

Does it hurt?

Absolutely not! Receiving a sealant is quick and easy. Application requires no shots or drills. The tooth is first cleaned with a special liquid. 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 five to 10 years. Your dentist should check your sealants once a year to make sure they're in place.

Sealants have been used for more than 20 years. They've proved to be **very** effective in preventing decay. Ask your dentist if your children can get sealants. With regular brushing and flossing and sealants, a child may never have a cavity or need a filling.

If your child attends Siletz Valley School, look for permission forms in mid-April. Just fill it out and ask your child to drop it off at the school office. Don't let your child miss out on the lifetime benefits of sealants.

