



United Girls' Summit '04  
Voices Against Violence  
Promoting Safety for Girls in our Community

- Celebrate the power of girls united in action.
- Educate about violence and inform girls about resources to help them stay safe.
- Provide a platform for girls to learn and take action in their own lives.
- Promote girls awareness of what healthy relationships with peers looks like and teach conflict resolution skills for diffusing relational aggression.
- Develop basic advocacy skills, such as letter writing and organizing.

Jennifer Easter, Keshina Butler, Maria Garza, Natasha Williams, Leslie Schuler, Chuvonne Metcalf, Brittany Stokes, Julia Austin, and Shila Justice

## Tooth Talk

by Linda Kreutzer, RDH

### Why Put Off Visiting the Dentist Anymore?

Got an off-and-on again sore tooth? A broken tooth? How long has it been since you went to the dentist?

A lot of people have a terrible fear of going to the dentist. Everyone has his or her own reasons for putting off an appointment. When you finally do make that call, here are some do's and don'ts for a more comfortable dental visit.

1. **Don't** be shy or self-conscious. Dentists see lots of mouths, all day long. You may have lots of fillings
2. **Don't** worry about being judged. Dentists don't think any less of you as a person if you have cavities or lots of fillings. A dentist is happy that you care enough about your teeth to come in and let us take care of them.
3. **Do** come to your appointment with a clean mouth. This is the part where a dentist might be judgmental. It's

and your teeth may be far from perfect, but don't worry. A perfect mouth is **extremely** rare.

4. **Do** have a positive outlook! The dentist will easily forgive past dental neglect if the patient has a good attitude and asks how to get and keep his/her mouth healthy starting from today. The dentist doesn't intend to make the patient feel guilty about past neglect. What

courtesy and good manners to take the time to brush your teeth (or dentures) thoroughly **before** your appointment. A dentist will assume that you don't care about your teeth if you come in with plaque and food all over them.

4. **Do** have a positive outlook! The dentist will easily forgive past dental neglect if the patient has a good attitude and asks how to get and keep his/her mouth healthy starting from today. The dentist doesn't intend to make the patient feel guilty about past neglect. What

matters is that you're in the office now with a positive outlook and a goal of obtaining a healthy mouth. Know too, that most of the effort must come from you. It's important to show up for dental appointments or call if you can't make it. It's also important to establish good daily brushing and flossing habits.

Sometimes overcoming dental fears takes courage. We who work in the dental office know and understand those fears. Just give us the opportunity to help you.

## Chemawa Dental Offers Exam Waiting List

from the Chemawa Dental Staff

On May 26, 2004, starting at 8 a.m., the Chemawa Dental Clinic will accept phone calls from patients who would like to put their name on the exam waiting list. This will be a **one-day-only** event for the first 200 patients on a first-come, first-served basis.

The location of your name on this list will determine how soon you'll receive an exam appointment. To be eligible for the exam list, you must be a registered patient at this clinic. If you're not, you'll need to see patient

registration before you can get on this list to receive services.

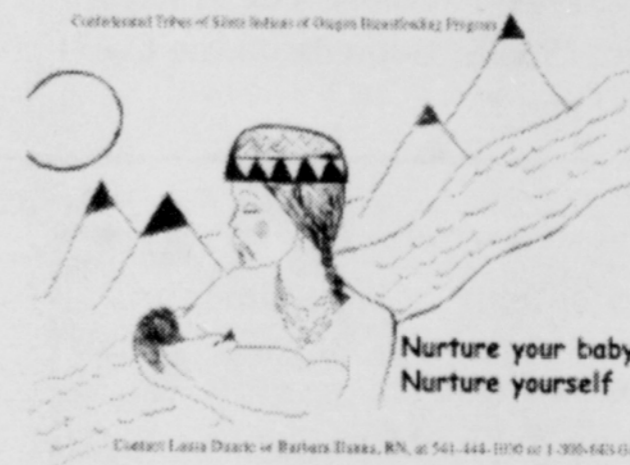
The Chemawa Dental Clinic serves thousands of Native Americans throughout Western Oregon. We know a great variety of dental needs exist in the community. If you need treatment that isn't available at Chemawa, we can help you find an office that will accommodate you (at your own expense).

The Chemawa Dental clinic can be reached at 1-800-452-7823, ext.7631, or 503-304-7631.

### Moms and Babies Breastfeeding Circle

2<sup>nd</sup> 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.



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