



The Benefits of Breast-feeding

Extensive research on the biology of human milk and on the health outcomes associated with breast-feeding has established that breast-feeding is more beneficial than formula-feeding.

Breast-fed infants experience fewer infectious and non-infectious diseases as well as less severe cases of diarrhea, respiratory infections, and ear infections. Mothers who breast-feed experience less postpartum bleeding, earlier return to pre-pregnancy weight, and a reduced

risk of ovarian cancer and premenopausal breast cancer.

The American Academy of Pediatrics states that, “The breast-fed infant is the reference model against which all alternative feeding methods must be measured with regard to growth, health, development, and all other short- and long-term outcomes.” Thus, human milk is uniquely suited for human infants.

Please follow future articles in *Siletz News* about the benefits of breast-feeding.

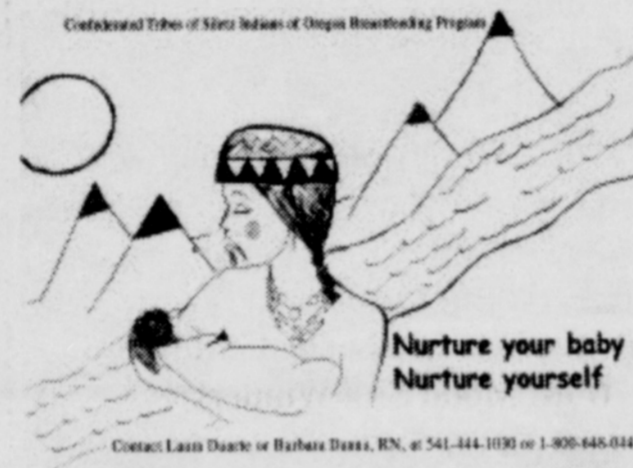


Alison Noble and Amy Lunstedt apply sealants to a child's teeth.

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

Tooth Talk

by Linda Kreutzer, RDH

Siletz Clinic Prevents 220 Cavities

The Dental Department at Siletz recently completed another successful Sealant Project. This two-day event was open to all first- through sixth-grade students at Siletz Valley School.

This special **free** dental service was available to **all** students, providing a

signed permission form from home was returned to the school.

A dental sealant is a white protective covering that is painted onto the surface of molar teeth. The teeth selected for sealants cannot be decayed or have fillings. Sealants prevent decay, filling in the space where a cavity begins **before** it can begin.

Students were shuttled to the clinic to have their teeth screened by either Dr. Randall Teich or Dr. Mark Moeller, clinic dentists. All dental staff was involved in this project.

Fifth-eight students received free dental screenings and 220 sealants were given to those students, preventing decay, pain and possible tooth loss in the future.

The average cost of one sealant provided in a dental office is \$38. The value of the sealants placed during this project totaled \$8,360.

Special thanks to the Siletz Clinic for hosting this event and teachers and staff at Siletz Valley School. Thank you to Van Peters for your support and to Judy Muschamp for your support as well. Those 220 young teeth are happy to be decay-free!



Sun Exposure – Rub It On

Q: Does it matter what kind of sunscreen I use?

A: Sunscreens come in a variety of forms, such as lotions, gels, and sprays, so there are plenty of different options. There also are sunscreens made for specific purposes, such as the scalp, sensitive skin, and for use on babies. Regardless of the type of sunscreen you choose, be sure that you use one that blocks both UVA and UVB rays and that it offers at least SPF 15.

Q: What does a sunscreen's SPF rating mean?

A: Sunscreens are assigned a Sun Protection Factor (SPF) number according to their effectiveness in offering protection from UV rays. Higher numbers indicate more protection. As a rule of thumb, you should always use a sunscreen with at least SPF 15.

Q: Do sunscreens need to be reapplied during the course of a day?

A: Recently developed sunscreens are more resistant to loss through sweating and getting wet than previous sunscreens. However, you should still apply generously 30 minutes before going outside and reapply frequently, especially during peak sun hours or after swimming or sweating.

Q: How do sunscreens work?

A: Most sun protection products work by absorbing, reflecting, or scattering the sun's rays. Such products contain chemicals that interact with the skin to protect it from UV rays. Sunscreens help prevent problems related

to sun exposure, such as aging skin and pre-cancerous growths.

Keep in mind that sunscreen is **not** meant to allow you to spend more time in the sun than you would otherwise. That's why it's important to complement sunscreen use with other sun protection options: cover up, wear a hat and sunglasses, and seek shade.

Q: Some cosmetic products claim to protect you from UV rays. Can they?

A: There are cosmetics and lip protectors that contain some of the same protective chemicals used by sunscreens on the market. Not all of these products, however, meet the standard of having at least SPF 15, and therefore do not offer sufficient protection by themselves.

Source: <http://www.cdc.gov/healthyyouth/skincancer/guidelines/questions.htm>

