



Sonny Ryan, Cathy Rasmussen, Miranda Strong, and Chuck Staggs attend the Oregon Diabetes Coalition Annual meeting in May at the Wilsonville (Ore.) Conference Center Holiday Inn. Frank Vinicor, MD, MPH from the Division of Diabetes Translation at the Centers for Disease Control was the keynote speaker. (photo by Darcy Trego)

Siletz Tribal Members

Enrollment Open for Diabetes Exercise Program

Program info: Participants previously admitted to the program and meeting their attendance and documentation requirements **do not need to submit a new application** to continue with this program.

Applications will be accepted for the slots that remain or become open. Please note that a limited number of slots are available and that submitting an application does not guarantee acceptance into the program. It's to your advantage to complete your application fully. Please see application materials for program details and our priority populations.

What To Do

Siletz: Application packets will be available from front desk staff at the Siletz Clinic from July 1 to July 16. The clinic is open M/W/Th/F from 8 a.m. to 5 p.m., and on Tuesdays from 8 a.m. to 1 p.m.

Please note that any questions regarding your application or the exercise program should be addressed to Alissa Lane or Darcy Trego; front desk staff will be unable to assist you.

Please hand-deliver or mail

completed applications to Alissa Lane, Siletz Clinic, P.O. Box 320, Siletz, OR 97380.

Area Offices: Application packets will be available from July 1 to July 16 at the Portland, Salem, and Eugene area offices through Community Health staff.

Please hand-deliver or mail completed applications to Cathy Rasmussen, RN, CTSI Eugene Area Office, 1140 Willagillespie Road, Suite 18, Eugene, OR 97401.

If mailing, please try to mail by July 13 to ensure timely delivery of your application.

Whom To Contact

For any questions or concerns, please call Alissa Lane at 541-444-9671 or 1-800-648-0449, ext. 671, for the Siletz area or Cathy Rasmussen at 541-484-4234 for the Portland, Salem, and Eugene areas.

Remember, Alissa or Cathy must receive applications by July 16 to be considered for August. Applicants are responsible for confirming that their application has been received by one of these program staff.

Timeline

Begin accepting applications	7/1
Last day to receive completed application, contract, and “My Starting Point” documents	7/16
Acceptance and denial letters mailed	7/26
First day of exercise	8/2

Tooth Talk

by Linda Kreutzer, RDH

What Happens When Baby Teeth Get Cavities?

Decay of baby teeth is a problem. If left untreated, it causes pain and infection for the child, as well as the possibility of developing speech problems, poor eating habits, and crooked or damaged adult teeth.

If decay is discovered in the early stages at a dental checkup, the dentist most likely can repair it easily. He/she may suggest that your child visit a children's dental specialist, called a pediatric dentist. In the medical world, a children's doctor is called a pediatrician, a doctor who just sees children.

A pediatric dentist is specially trained to provide dental care for very young children or children who are extremely apprehensive. Sometimes, a special “kiddy-cocktail” will be given to the child to help him/her relax for the dental appointment. Routine care can be provided in the pedodontist's office.

In cases where decay has gone on too long, causing the need for extensive dental care, the child may need to be put “under” in a hospital setting. An anesthesiologist will carefully monitor the child to allow the pedodontist an opportunity to restore the child's teeth. This is done for the child's protection and always in the child's best interest. It's not possible to do dental work on a very young child who is crying, moving, or struggling.

The cost for this specialized dental treatment can run from \$3,000 to \$4,000

per child. It's very important that parents of these children return to the dental clinic for regular checkups with their dentist after receiving this treatment to make sure the decay is not returning.

What causes decay to return? Sugar in any form, especially in the form of sweetened juice, pop, or even milk given at bedtime. This is what usually decayed the teeth in the first place.

Baby teeth can decay again, quite easily, even after being treated by a specialist. In some cases, the child needs to see the pediatric dentist for extensive treatment more than once during childhood. This is completely avoidable.

Any parent does not want to be told that their child needs to go to the hospital to get his/her baby teeth fixed. The best way to avoid this is to **prevent** decay.

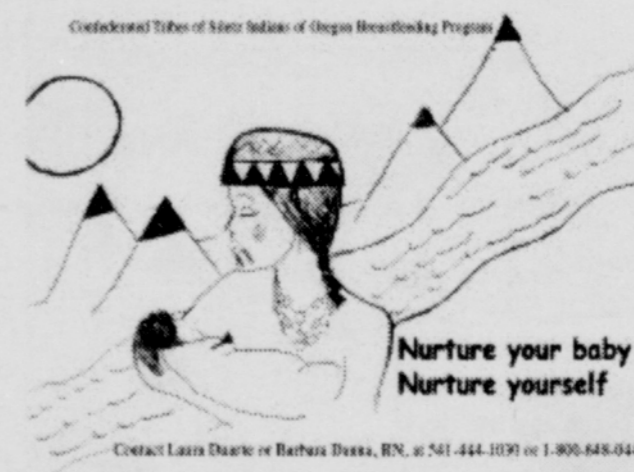
As soon as a baby gets teeth, gently clean them every day with a soft damp baby toothbrush. Don't use adult toothpaste because this can be too “hot” for a child's sensitive mouth. Check the baby's teeth for cavities. Lift the baby's lip and look at the teeth. If you see brown spots or chalky white spots, call your dentist.

Even if you don't see anything unusual, it's best to take your child to the dentist before age 1, just to make sure the teeth are healthy. Early dental visits help familiarize the child with the dental office, lessening uneasiness and fear later on in life.

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.



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