



Use the Siletz Mail Order Pharmacy

The Siletz Clinic Pharmacy provides mail order service to Siletz Tribal members and their minor dependents in the 11-county service area. You may receive up to a 90-day supply of maintenance medication.

Mailing will be provided to those members who live 40 miles outside the Siletz Clinic area. If another insurance is billed, a 30-day supply may be the maximum per fill.

Prescriptions will be mailed via U.S. Postal Service. Prescriptions requiring special handling will be sent via certified mail. Our pharmacy has limited storage space, so we order your prescriptions when we receive your order. Please allow 7-10 working days for your order to be processed.

The Siletz Tribal Health Program is only responsible for providing drug medication that will assist in maintaining the quality of patient care. Cost containment is important, therefore the following classes of drugs will not be provided:

- Drugs used for cosmetic purposes
- Weight reduction products
- Fertility drugs
- Sexual performance enhancement drugs
- Investigative drugs
- Food supplements
- Vitamins and over-the-counter products that are not on the formulary list
- Compounded prescriptions are covered with limitations

Lock in the Freshness

- String beans: Wash and refrigerate in perforated plastic bags. Use within two to five days.
- Broccoli: Refrigerate in perforated plastic. Use within two to three days.
- Celery: Trim off leaves, rinse, shake off excess moisture, and refrigerate in perforated plastic bags. Use within two weeks.
- Potatoes: Store in a cool, dark, dry place in paper bags. Use within two months. If stored at room temperature, use within one week.
- Tomatoes: Store in a cool place. Putting them in the refrigerator destroys the flavor. Use within one week.
- Apples, grapefruit, oranges, and tangerines: Store uncovered in the refrigerator and use within two weeks of purchase.
- Bananas: Store at room temperature and use within two to three days after the green disappears.
- Grapes: Store unwashed and uncovered in the refrigerator and use within four to six days.
- Lemons and limes: Store uncovered in refrigerator and use within 10 days to two weeks.
- Pears: Store at room temperature until ripe, then in refrigerator crisper. Use within three to five days.

- Controlled substances for intractable pain may be dispensed only in accordance with clinic policy. Your doctor will be asked to provide a copy of the pain contract.

A registered pharmacist is available for consultation anytime during standard business hours (8:30 a.m. to 12:30 p.m. and 2 p.m. to 5 p.m. Monday through Friday, except Tuesday afternoons).

Using Mail-Order Service

- Call 1-800-648-0449 or 541-444-9624 for a refill on your prescription.
- Send an order form and your new prescription to the address listed on the mail-order service form. You can obtain forms from either the Siletz Clinic Pharmacy, Contract Health Service, or your local community health advocate.
- If the prescription is too soon to fill or not fillable, you will be notified by phone.

You are advised to transfer your prescriptions from Pequot before the end of December 2004. Effective Jan. 1, 2005, orders through Pequot will not be filled. Your existing Pequot Rx card will remain valid for up to \$500 annually at a local retail pharmacy.

For assistance, please contact your local community health advocate or the Siletz Clinic Pharmacy.

Eat 5 to 9 a Day for Better Health

by Cathy Rasmussen, RN, Community Health Director

Did you know that eating more fruits and vegetables could lower your risk for many types of cancer?

Researchers have linked up to one-third of cancer deaths to dietary factors and have found that diets rich in plant-based foods – fruits, vegetables, and whole grain breads and cereals – have a lower risk of most cancers.

Fruits and vegetables are packed with substances essential for good health, including vitamins, minerals, and fiber. Two types of substances in fruits and vegetables thought to reduce the risk of cancer are called **phytochemicals** and **antioxidants**.

Phytochemicals are plant chemicals that have protective, disease-preventing properties. They are thought to prevent diseases in plants themselves and are associated with prevention of cancer, diabetes, cardiovascular disease, and high blood pressure in humans. Phytochemicals prevent cell damage, prevent cancer cell division, and lower cholesterol levels.

More than 900 different phytochemicals already have been discovered. It's estimated there may be more than 100 phytochemicals in just one serving of fruits and vegetables!

Antioxidants are a type of phytochemical that protects cells from

damage caused by unstable molecules called **free radicals**. Free radical damage changes the DNA structure of cells, which can lead to development of cancer.

Examples of antioxidants include beta-carotene (converted to vitamin A in the body), lycopene, and vitamins C and E. Antioxidants are abundant in the following fruits and vegetables:

- **Beta-carotene** is found in orange vegetables and fruits (carrots, sweet potatoes, pumpkins, winter squash, cantaloupe, apricots, peaches, mangoes, and papaya). It's also found in many dark-green leafy vegetables such as spinach, kale, collard greens, parsley, and chicory.
- **Lycopene** is primarily found in tomatoes, but also in watermelon and pink grapefruit.
- **Vitamin C** is found in citrus fruits, cantaloupe, strawberries, kiwifruit, pineapple, tomatoes, dark leafy greens, red and green peppers, broccoli, and brussels sprouts.
- **Vitamin E** is found in vegetable oils, avocados, whole grains, nuts, seeds, and wheat germ.

The National Cancer Institute, the Centers for Disease Control (CDC), and the American Cancer Society recommend eating five to nine servings of fruits and vegetables a day. That may seem like a lot, but serving sizes are fairly small:

- medium apple or orange
- 1 cup raw chopped vegetables
- ½ cup cooked vegetables
- ¼ cup dried fruit such as raisins
- lunch-box sized container of unsweetened applesauce
- 1 cup of lettuce
- ½ cup cooked or canned legumes (lentils, peas, and dried beans)
- 6 baby carrots

If you would like more information on the Eat 5 to 9 A Day campaign, including recipes and tips for getting more vegetables into your diet, go to www.5aday.gov or www.cdc.gov.

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No. 1 Trigger of Asthma in Children – Tobacco Smoke

No. 1 Prevention of Asthma in Children – Smoke-Free Homes

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