



Toothtalk

by Teri (the tooth fairy) Coddington, RDH

Brush Up on Healthy Teeth "Simple Steps" for Kids' Smiles

Every parent knows that a healthy smile is a sign of a happy child, and oral health experts agree that creating those healthy smiles begins in infancy. The "Simple Steps" assist parents in taking care of their children's teeth as well as aid in teaching proper dental habits.

Proper dental health practices such as drinking fluoridated water and brushing with a "pea-sized" amount of fluoride toothpaste can greatly improve oral health in children. Brushing with toothpaste that contains fluoride lowers the risk of decay by 15 percent to 30 percent. Drinking fluoridated water lowers the risk by 20 percent to 40 percent.

Beginning oral health care in infancy, along with the proper use of fluoride, reduces the risk of tooth decay and improves overall health.

Here are some "Simple Steps" to keep your child's teeth healthy:

1. Parents should start cleaning their child's teeth as soon as the first tooth appears.
2. Parents should brush their young child's teeth thoroughly twice a day until the child can handle the toothbrush alone. Then, continue to closely watch brushing to make sure your child is doing a thorough job and using only a small amount of toothpaste.
3. Parents should start using toothpaste with fluoride to brush their child's teeth at age 2.
4. Talk to your child's doctor or dentist about your child's specific fluoride needs.

An estimated 51 million school hours per year are lost because of dental-related illnesses. Early tooth loss caused by dental decay can result in failure to thrive, impaired speech development, absence from and inability to concentrate in school, and reduced self-esteem.

Poor oral health has been related to decreased school performance, poor social relationships, and less success later in life. Children experiencing pain

are distracted and unable to concentrate on schoolwork.

People who are missing teeth have to limit their food choices because of chewing problems, which may result in nutritionally inadequate diets. The daily nourishment that children receive affects their readiness for school.

Head Start and Early Head Start are examples of programs that provide medical, dental, and nutritional screening, assessment, and referral, and seek to provide every child with the learning experiences necessary to succeed in school.

Dental health starts at home, so help your child reach success!

Join the Diabetes Program Advisory Committee

The Siletz Diabetes Program is seeking interested persons to form an advisory committee that will provide community input into the Diabetes Program. The committee will consist of nine individuals plus Diabetes Program staff.

To ensure wide representation of the community, we are looking for tribal members (and other Natives who receive their health care at the Siletz Clinic) who meet one of the following criteria:

- Elder
- Person who has had diabetes for less than one year
- Person who has had diabetes for more than five years

- Person with diabetes who uses insulin
- Parent of a school-age (K-8) child
- Parent of a preschool child
- Person who receives services at an area office
- Teen at risk for diabetes
- CTSI employee

The group will meet quarterly (February, May, August, November). Interested persons can volunteer for a seat for a one-year term.

Call Alissa Lane at 541-444-9671 or 1-800-648-0449, ext. 1671, for an application. Applications are due in the Diabetes Program office by Dec. 20.

Don't Forget to Transfer Prescriptions to Siletz Mail Order Pharmacy

by Judy Muschamp

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 not on the formulary list
- Compounded prescriptions are covered with limitations
- Controlled substances for intractable pain may be dispensed only in accordance with clinic policy. Your doctor will be requested 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 thru Friday, except Tuesday afternoons).



Using Mail-Order Service

- To refill your prescription, call 1-800-648-0449 or 541-444-9624.
- 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 Services, 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.