



Got a Plan?

An Asthma Action Plan Could Save a Life

If you or a family member has asthma, ask your health care provider for an asthma action plan. For more information go to <http://oregon.gov/DHS/ph/asthmaresourcebankoarbpatientplan.shtml>.

Questions? Contact DeAnna Pearl, Tobacco Prevention and Education coordinator, at 1-800-648-0449, ext. 1659, or 541-444-9659, or e-mail siletztobacco@ctsi.nsn.us.

Don't Get Confused by New Medicare Benefit

Elders – Don't let the information coming out about Medicare's new drug benefit (also called Medicare D) get you confused. The Siletz Tribal Health Department will contact you after Nov. 15, 2005, about how to sign up.

If you also are enrolled in the Oregon Health Plan, you will automatically get enrolled this summer. For everyone else, signing up is voluntary and any premiums **will be reimbursed** by the Siletz Tribal Health Department.

There are **no** penalties for American Indians if they don't sign up in the first six months that they are eligible. There may be a savings of tribal dollars if you sign up for a plan that the clinic accepts and for which it can be reimbursed.

In addition, you will be able to use your card at outside pharmacies, although you may need to pay a cash deductible at that time.

So look for more information in the fall – and relax and have a great summer.

What Is Peak Flow? Asthma Action Plan?

Asthma Treatment and Information for Parents

If your child has asthma, you should know these terms.

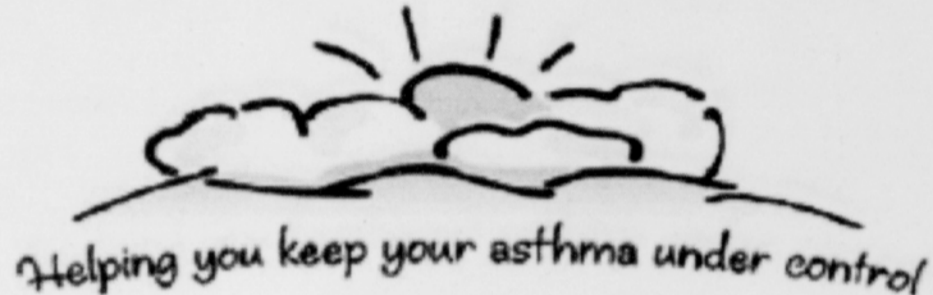
Peak Flow represents how much air your child can get out of his or her lungs. Keeping track of this is a great way to know how your child's asthma is doing.

Asthma Action Plan is a way to manage your child's asthma and learn how to handle asthma attacks. Asthma symptoms can change very quickly and

bring on an attack. Will you be ready? Talk with your child's health care provider about this on your next scheduled visit.

Find great online resources at:

- <http://oregon.gov/DHS/ph/asthma/resourcebankoarbpatientplan.shtml>
- <http://www.keepkidshealthy.com/asthma/index.html>



Doctor It Still Hurts

Pain Management and Smoking

There are two types of pain: acute and chronic. Acute pain doesn't last long and usually goes away as your body heals. Chronic pain lasts at least six months after your body is healed.

Sometimes when people have chronic pain, they don't know what is causing it. Along with discomfort, chronic pain can cause low self-esteem, depression, and anger, and it can interfere with your daily activities.

There are lots of ways to treat pain – short-acting medicines to treat pain that comes and goes and long-acting medicine for constant pain over time. Unfortunately, nicotine in cigarettes can make some medicines less effective.

Smoking may not show any effects on muscles and bones of an otherwise healthy smoker. But when he or she gets hurt or is recovering from a medical procedure, nicotine has a tremendously negative

effect on healing and pain. Healing is delayed and thus the pain is prolonged.

exposure to nicotine (snuff, patches, inhalers, etc.) also reduce blood flow to the tissues. In a chronic-pain patient who smokes, the blood flow to the muscles and bones is stolen and given to the brain. This may give the patient a very temporary feeling of forgetting the pain while smoking and immediately thereafter for a few minutes. This encourages the person in chronic pain to smoke more than before.

The more you smoke, the more muscles and bones are deprived of blood flow and nutrition essential for healing and lessening the pain. On the contrary, they start to ache more and pain escalates even more and more as time goes by.

The person in chronic pain is in even deeper addiction to nicotine than ever. This makes it even more difficult to quit smoking.

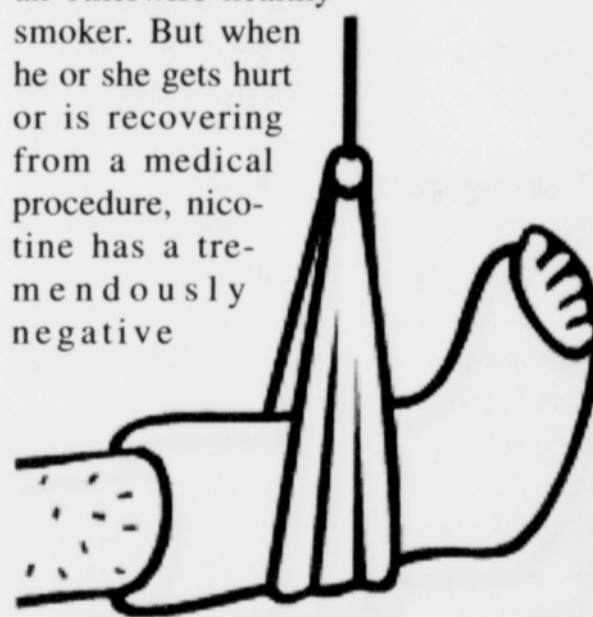
Good News

Anyone who uses tobacco products or nicotine replacements can decrease his or her recovery time by quitting use prior to surgery or almost immediately after an injury. You don't have to wait for months to see the results.

Within **20 minutes**, blood pressure and pulse drop to normal and the temperature of hands and feet increases to normal. Within **eight hours**, the carbon monoxide level in the blood drops to normal and the oxygen level in the blood increases.

Further, within **two weeks to three months** your circulation improves and your lung function increases up to 30 percent. This increase in oxygen increases your healing time and decreases the time your body is in pain.

If you are in pain for a prolonged period of time, contact your local health care provider. For help with cessation services and questions about quitting, please contact DeAnna Pearl, TPEP coordinator, at 541-444-9659 or 1-800-648-0449, ext. 1659, or contact the Oregon Quit Line at 1-877-270-7867.



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Nicotine is a nerve stimulant and contains a poison called solanine that causes muscle cramps. It also decreases blood circulation in the body.

Tar and chemicals coat the lining of the lungs, which greatly hinders oxygen absorption into the bloodstream. Oxygen absorption is necessary for damaged tissue to heal.

The more you smoke, the more muscles and bones are deprived of blood flow and nutrition essential for healing and lessening the pain. Other sources of

6.5	6.5		14	5/10-11	BIA budget review
2	2	2		5/12	Return home, mail
		7	1.25	5/13	Special TC, charitable donations
2	2		3	5/14	Housing wkshp., Siletz
1	1	1.75		5/15	Casino event, mail, agenda items
8.25	8.25		6.5	5/16-17	ATNI mtgs. – Tacoma and return
5.5	5.5	1		5/18-19	Tribes Day at Capitol, STBC, mail, calls, reports, prep for TC,
				5/20	Chemawa graduation, prep for TC
1.5	1.5			5/21-22	Regular TC, casino event, return
7.25	7.25	4	6	5/23	Minn. Gaming mtg., Minneapolis
		4	8.75	5/24-25	MIGA
		16		5/26	Return, mail, agenda items
1	1	1	8.75	5/27-28	Mail, Investment Comm., casino event
2.25	2.25	.25	2.25	5/29	Reports, news articles
1	1			5/30-31	Memorial Day Ceremony, mail, reports, agenda items, calls, agenda prep
3	3	1.5	2	6/1-2	Admin, Lincoln Co. Commissioners, STBC, Anniv. Comm., mail
4.25	4.25	2	7.5	6/3-4	Casino event, mail, calls, news articles
1.5	1.5	2	2.5	6/5-6	Mail, prep for TC
4.25	4.25	1.75		6/7-8	Mail, calls, prep for TC, agenda items, STBC, LLC
3.75	3.75	2.5	1.5	6/9	Special TC
		7	1.25	6/10	Regular TC
3.5	3.5	1	2		

Phil Rilatos Sr. – 5/1/05-6/10/05

TC	Ind	Gmg	Tvl		
2.5	2.5	4		5/1-3	Review TC docs and gaming docs
3	3	4		5/10	Review TC packets, gaming, STBC docs
3	3		2.5	5/11	STBC, planning mtg.
1.5	1.5			5/12	Review charitable cont. docs
		8	2.5	5/13	Gaming Board, charitable cont. awards
3	3		2	5/14	Review housing policies and docs, TC wkshp., housing review
3.5	3.5	5		5/18-19	Review gaming reports and docs, review packets, TC notebook
8.25	8.25		4	5/21-22	Regular TC
1.5	1.5	2		5/25	TC packets, gaming docs
1	1	2	2.5	5/27	COHO/Investment Comm.
1.5	1.5	2		5/31	Review packets, STBC, gaming docs
		4		6/1	Review charitable cont. applications
2.5	2.5		3	6/2	Mtg. on movie, mtg. w/county comm., STBC
		4		6/5	Review charitable cont. applications
1.5	1.5		2	6/6	Charitable Cont. Comm.
.5	.5		2.5	6/7	TS lending wkshp.
		6		6/8	Review STGC, CW gaming, audit docs
2.5	2.5	6.5	3	6/9	Gaming Board, review packets, TC notebook
4	4		2	6/10	Regular TC, STBC