



## Healthy Oregonians Asked to Wait for Flu Shots

Public health officials in the Oregon Department of Human Services (DHS) have announced a prioritized approach that will reserve flu shots for those at high risk until Oct. 24.

In early September, DHS adopted vaccine prioritization guidelines from the federal Centers for Disease Control and Prevention (CDC) because of anticipated supply issues this flu season.

State public health officials are not expecting the majority of flu vaccine to be available until late October because of various supply issues, but some vaccine shipments went out in September. Officials are hopeful that there will be more influenza vaccine available than there was last year, but that is still unclear.

"We expect there may be delays in vaccine shipments, so we want to make sure that people at highest risk of complications get it first," said Susan Allan, M.D., state public health officer at DHS.

Effective through Oct. 23, state public health officials are directing that only people in the following groups should receive flu shots:

- Children age 6-23 months
- Adults age 65 and older
- Residents of nursing homes and other long-term care facilities
- Anyone age 2 to 64 with underlying medical conditions
- Pregnant women
- Health care personnel who provide direct patient care
- Out-of-home caregivers and household contacts of children under 6 months

Allan said the prioritization does not apply to Live Attenuated Influenza Vaccine (LAIV), the nasal spray FluMist™.

"We encourage healthy people between 5 and 49 who want to be protected against influenza, including health care workers and those who have contacts with infants, to ask for LAIV," Allan said. "Choosing LAIV means you are helping conserve inactivated influenza vaccine and avoid spreading the flu to others who are more vulnerable than you. Your decision could save a life."

Kaiser Permanente, Maxim (findaflushot.com), Get a Flu Shot.com, MS Society of Portland, Fred Meyer, and

Safeway already have agreed to the voluntary prioritization, she said. The state will monitor the process and if client needs are not being met or the availability of the supply changes, DHS will re-evaluate the voluntary approach, Allan said.

This year, Oregon SafeNet and the American Lung Association of Oregon are making flu vaccine clinic information available at [www.lungoregon.org/](http://www.lungoregon.org/). People without Internet access can call 1-800-SAFENET.

### Siletz Clinic Guidelines

Influenza season typically peaks in Oregon between December and March, so it's not too late to get vaccinated in November or December.

Flu shots are OK for breast-feeding mothers, but no one should get a flu shot if they are allergic to eggs.

You can get your flu shot in one of three ways:

1. Ask your provider at your next visit.
2. Schedule an appointment with a nurse.
3. Walk-in between 10 a.m.-11 a.m. or 3 p.m.-4 p.m.

## October is Children's Health Month

As parents, we know what is best for the health of our children. There are times, however, when we don't know where to get information in the case of our children making choices about poor eating habits, low physical activity, using drugs, drinking alcohol, and abusing commercial tobacco.

Remember – you are not alone and parents are the first line of defense when it comes to prevention and education.

DeAnna Pearl, Coordinator  
CTSI Tobacco Prevention and Education  
541-444-9659 or 1-800-648-0449,  
ext. 1659

Letitia Williams, Exercise Coordinator  
CTSI Diabetes Program  
541-444-9633 or 1-800-648-0449,  
ext. 1633

Delina John, Prevention Coordinator  
CTSI Alcohol & Drug Program  
541-444-8286 or 1-800-600-5599

Jenifer Metcalf, Youth Development  
Specialist  
CTSI Alcohol and Drug Program  
541-444-8286 or 1-800-600-5599

Parents may not always have the answer right in the moment, but half the battle is knowing where to get the information. Each program has videos, brochures, posters, and educational materials to help with healthy choices.

Prevention works!

## Toothtalk

by Mary Ellen Volansky, RDH, MS

### Helpful Advice – Have an Oral Cancer Screen: Who, What, When, Why?

Why is an oral cancer screen necessary? A screening of oral structures is done to look for changes.

Color (red or white), texture, and size changes have a range of causes: mechanical, medicines, chemicals, and infection. Some changes are normal or expected: soreness of a tooth erupting, or throat redness or soreness with a cold.

Repeated mechanical movements such as biting/chewing our cheek or tongue can cause changes. Also, our tongue rubbing against a rough spot on a tooth can cause changes.

Mechanical changes can resolve themselves if the cause is corrected. Ever had a pizza burn on your palette? Besides hurting, it can cause color and texture changes. Fortunately those changes are short-lived.

Tissue changes are caused by germs (bacteria or viruses) – cold sores, canker sores, and abscesses. Medicines cause oral changes too – hairy tongue, dry mouth, or stained teeth.

A chemical change can be caused by tobacco. Chewing tobacco can cause white folded tissue in the mouth where chewing tobacco is stored.

Unfortunately, oral cancer is "more common than leukemia, Hodgkin's disease, and cancers of the brain, liver, bone, thyroid gland, stomach, ovaries, and cervix ..." according to the National Cancer Institute (NCI).

In the early stages, oral cancer can be treated in up to 90 percent of cases. That is why it's important for an oral cancer screen to be done regularly.

The Siletz Community Dental Clinic provides this service with each examination and at each recall appointment. Call the Dental Clinic if you find anything out of the ordinary. Call if anything does not heal or go away in two weeks.

Early detection is the key. Untreated oral cancers can spread to other parts of the body. This spread makes it difficult or nearly impossible to treat. Dental hygienists and dentists can alert you to changes and suspicious growths you may not have noticed.

For more information about oral health care, visit the American Dental Hygienists' Association's Web page at [www.adha.org](http://www.adha.org) or visit the American Dental Association's Web page at [www.ada.org](http://www.ada.org).

Source: American Dental Hygienists' Association, "Want Some Life Saving Advice: Ask Your Dental Hygienist About Oral Cancer," 2005



2.5	2.5		4	8/16	County commissioners mtg., charter school, mail
4.5	4.5	2	2.5	8/17-18	Mail, agenda items, prep for council
7.25	7.25	1.5	4	8/19-20	Regular TC, STBC, return
3	3	.5		8/21-22	Mail, news article
2	2		1.5	8/23	LLC mtg. w/G. Ronde, mail
2.5	2.5	.5		8/24-25	Mail, agenda items
2	2	1.25	2.5	8/26	Investment Comm., mail, admin
1	1		4.5	8/27	Pendleton, Sanchez retirement
.75	.75	1.5	4.5	8/28	Return, mail, calls
2	2	.5	2.5	8/29	Self-gov. negotiations, mail
3.5	3.5	1		8/30-31	Mail, agenda items, agenda prep, calls
2.5	2.5	2	4	9/1	STBC, Special TC – W. Springs, mail
1.75	1.75	.5		9/2	Mail, news articles

### Phil Rilatos Sr. – 7/28/05-9/1/05

TC	Ind	Gmg	Tvl		
.5	.5		2.5	7/28	Superstar awards ceremony
		6		7/30	Review Jan.-June CW fin. reports
1	.75		1	8/1	Review TC packets, Health Board docs
.5	.5	3		8/2	Review A&D and CW docs – planning/prep
3.25	3	3.25	2.5	8/3	TC planning wkshp. – A&D, CW, TC packets
2	2		2	8/6	Health Board, General Council
1.25	1.25		2.5	8/8	Mtg. w/Grand Ronde
1.5	1.5	3		8/9-10	Review TC docs, review casino and STGC docs
		5.5	2.5	8/11	Gaming Board
			2	8/12	Pow-wow – float
1.5	1.5		2	8/13	Pow-wow – parade, grand entry
		6		8/15	Review casino fin. reports
1	1		2	8/16	Mtg. w/county commissioners, ESP interviews
2.5	2.5			8/17	Review TC docs, TC mtg. notebook
8	7.75		4	8/19-20	Regular TC, STBC wkshp.
2	2		4.5	8/23	Joint mtg. w/G. Ronde
1	1		2	8/25	ESP interviews
1	.75	1.75	2.5	8/26	COHO, Investment Comm.
2	2			8/28	Auditor eval, review TC docs, e-mail
1	1		2.5	8/29	Title VI loan guar. trng.
1.5	1.5	1		8/31	Review TC, gaming, STBC docs, e-mail
1.5	1.5		2	9/1	Mtg. w/W. Springs, STBC