



Flu Shots Now Available

Remember, there are three ways to get your flu shot (FluMist™ will not be available at the Siletz Clinic):

1. At your provider visit
2. Schedule a nurse visit
3. Walk in between 10 a.m.-11 a.m. or 3 p.m.-4 p.m. **only**

Why Wait? Set a Date!

Great American Smokeout Slated for Nov. 17

The American Cancer Society has scheduled the 26th annual Great American Smokeout for Nov. 17, 2005, to encourage smokers to quit for a day in hopes they may quit for good.

Free quit kits, gum, water, and materials will be available from the clinic. You also can contact DeAnna Pearl, TPEP coordinator, at 1-800-648-0449, ext. 1659, or 541-444-9659; or the **Oregon Quit line at 1-877-270-7867(STOP)**.

Even though the Smokeout officially began in 1977, the event's roots reach back to 1971. Arthur P. Mullaney challenged the citizens of Randolph, Mass., to give up cigarettes for the day and donate

the saved money to a high school scholarship fund. He coined the term smokeout.

Later, Lynn R. Smith, editor of the *Monticello Times* in Minnesota, spearheaded that state's first D-Day, or Don't Smoke Day. D-Day spread like wildfire throughout Minnesota and then blazed west to California, where it became the Great American Smokeout.

Fact: Native youth have the highest prevalence of underage smoking.

Fact: American Indian adults have the highest smoking rate out of anybody.

We must role model what we want to see change. Quit for a day. It could lead to a lifetime.

Tooth Talk

by Mary Ellen Volansky, RDH, MS

If Only it Would Rain in My Mouth!

The rains are here. The Siletz River is rising. Yellow water-level marks have been painted on the boat ramp at Heehee Illahee Park.

Next comes the mouth-watering aroma of smoking salmon – over an open flame or in your smokehouse. Do you know the aroma I'm referring to? The one tribal elder Frank Simmons described so well in the tribal video.

The salmon are resting over the coals. That mouth-watering smoky aroma is in the air. Is your mouth watering?

It's our salivary glands that cause our mouth to water. Saliva is the name for the wetness that gives our mouth a slick feeling inside. Our tongue can easily move over our teeth, palette, and lips.

Have you ever not been able to feel that easy movement of your tongue? Stress can dry our mouth. Have you ever had trouble swallowing food? Maybe you have felt a burning sensation in your mouth without having eaten a spicy fry bread taco?

Maybe you have had dried or cracked lips? If you have experienced any of these, you have had dry mouth. Some causes, like stress, are temporary.

Aging is **not** considered a cause of dry mouth. In healthy adults, changes to our salivary glands are minimal to non-existent. Dry mouth usually is caused by disease or medication.

These drugs were the top 10 medications prescribed in 2001: Lipitor, Synthroid, Premarin, Hydrocodone/apap, Norvasc, Prilosec, Zolofit, Claritin, Prevacid, and Celebrex. Nine of these medications (all except Synthroid) have one thing in common – dry mouth for the people using them.

Diseases that can decrease saliva flow include Sjogren's Syndrome, HIV/AIDS,

diabetes, and Parkinson's disease. Chemotherapy and radiation treatments for cancer can cause dry mouth.

Dry mouth is not just inconvenient. It can lead to infections, inflamed and fissured tongue, gland enlargement and infection, and **rampant caries and enamel erosion**.

What can you do? Try sipping water or sugarless drinks throughout the day. Avoid drinks with caffeine.

Sip water or a sugarless drink during meals. This will make chewing and swallowing easier. It also might improve the taste of food.

Don't use tobacco or alcohol. Both are drying to our mouths. Be aware that spicy or salty foods may cause pain. Use a humidifier while sleeping.

Rampant caries and enamel erosion are a symptom that can lead to more discomfort. Brush your teeth at least twice a day with fluoride toothpaste. Floss your teeth every day.

If you do eat sticky/sugary foods, brush immediately afterward. At the very least, swish water in your mouth a couple of times after eating sugary or acidic foods (i.e., soda, regular or diet). When you do drink soda, don't sip it over the day. It's less damaging if you drink it down or at meals. Preventing decay can prevent pain.

Also, chewing sugarless gum can help. Gum and candy with Xylitol are an option. Xylitol must be the most abundant or first item in the contents list.

There are over-the-counter and prescription solutions to dry mouth. Give your Siletz Dental Clinic a call. Schedule a cleaning and examination. Our phone number is 541-444-1030 or 1-800-648-0449. Ask for Kristi.

Now you know why raining inside someone's mouth might feel good!

ABCs of Asthma in School

Dealing with Triggers in School Environment

Food allergies, asthma, and allergic rhinitis are three of the biggest conditions that affect children in school. The most common allergens at school that can cause an allergic reaction or trigger asthma are:

- Dust mites
- Chalk dust
- Animal dander (hair, skin, urine, droppings) from class pets or pet hair
- Pollen and molds
- Exercise
- Cockroaches
- Cleaning products or other chemicals

You should let the school's staff know if any of these will trigger your child's asthma. You also might want to make some suggestions:

- Ask teachers to use "dustless" chalk or dry-erase boards.
- Ask the staff to avoid using perfumed cleaning products or soaps.
- Propose that the classroom pet be a hermit crab, turtle, lizard, snake, or fish.
- Propose the use of air conditioners and dehumidifiers.
- Ask that any classroom where art supplies are used and locker rooms where mold can grow be well ventilated.
- Make sure that the school is vacuumed and dusted regularly, and that a pest control company routinely treats it.

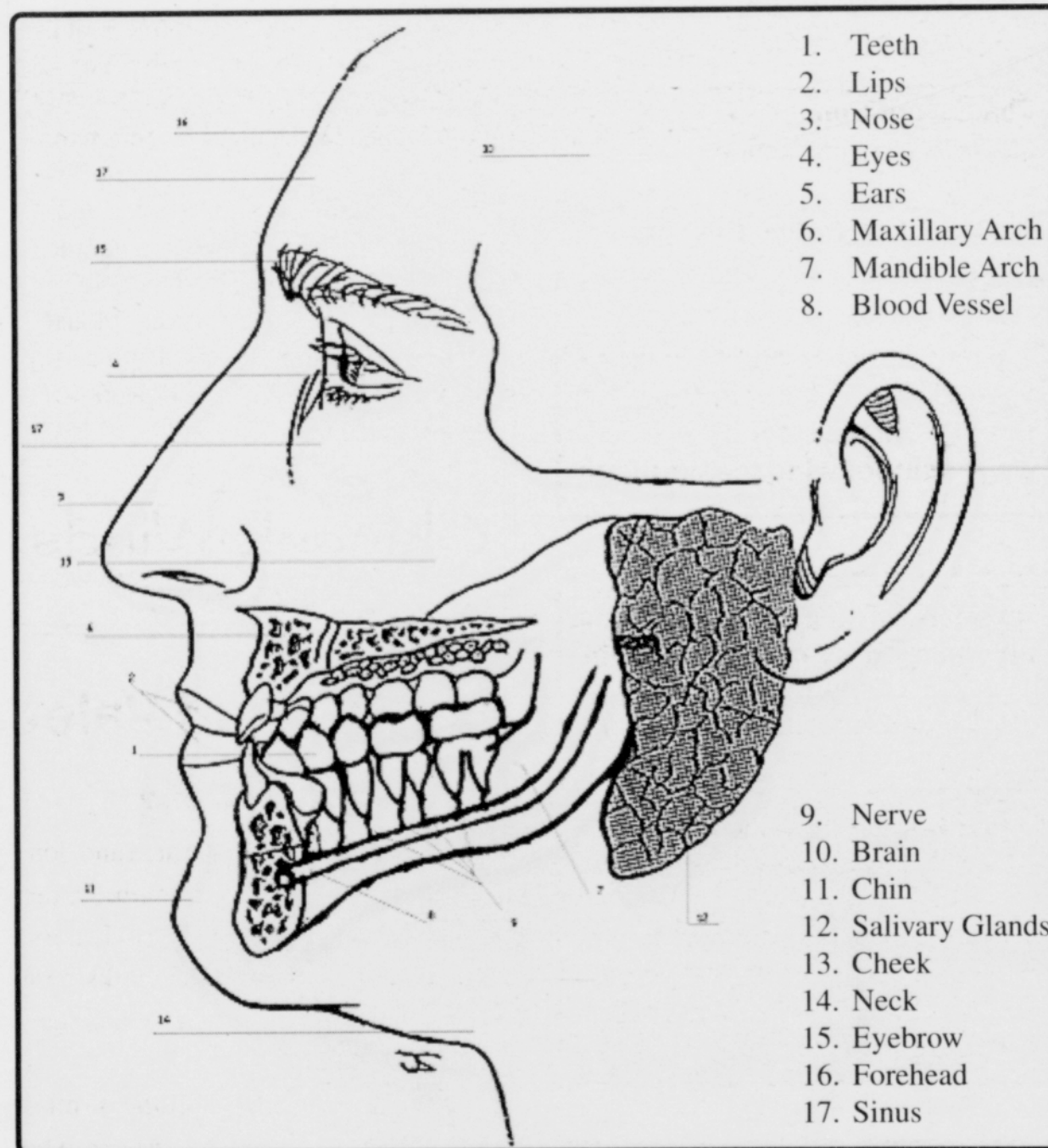


- The school to be a "smoke-free" campus

A school asthma program, *Open Airways*, is offered through the American Lung Association for kids in third through fifth grade. This interactive class can help children:

- Perform well at school with asthma
- Learn basic information and feelings about their asthma
- Learn skills to recognize and manage their asthma symptoms
- Find and control asthma triggers

For more information about scheduling the class in your school, contact your local representative at 1-800-LUNG-USA or DeAnna Pearl, TPEP coordinator, at 541-444-9659 or 1-800-648-0449, ext. 1659.



1. Teeth
2. Lips
3. Nose
4. Eyes
5. Ears
6. Maxillary Arch
7. Mandible Arch
8. Blood Vessel
9. Nerve
10. Brain
11. Chin
12. Salivary Glands
13. Cheek
14. Neck
15. Eyebrow
16. Forehead
17. Sinus

P.S. I apologize for not providing lines for answers on September's drawing. I also apologize for not providing answers in October. Here is that drawing – the lines are there and so are the answers. Thank you for your patience.

Summarized from Dry Mouth, National Institutes of Health, National Institute of Dental and Craniofacial Research; and from the American Dental Hygienists Association Web page/course/10 and 11.