



Valuable Health \$ Down The Drain

Pharmacy costs are going up up up!

Paying for unnecessary pharmacy purchases takes money away from other programs, including Contract Health. Last year we reduced costs by asking tribal members to use our clinic and clinic mail order. This year we have to do more!

Your Health Department Is ...

Restricting non-formulary drugs

Beginning Jan. 1, the clinic's pharmacy will not fill any prescriptions that are not on our formulary. These are usually expensive medications for which we have a less-expensive alternative.

You can see our formulary on the tribe's Web page at www.ctsi.nsn.us/pharmacy.html. If you have been getting a medication that is not on our formulary, the pharmacy will notify you

that you will need to talk to your doctor about getting a different prescription or be prepared to pay for it yourself from your local pharmacy.

Signing up seniors for Medicare-D

Open enrollment is Nov. 15 to Dec. 31. If you are eligible, you will get a letter from the clinic asking you to sign up or to switch to one of the plans for which the clinic can get reimbursed.

What Can You Do?

If you are eligible for a health insurance plan, please sign up and let the clinic pharmacy know that you have coverage. If you are eligible for Medicare-D, sign up during the open enrollment and if the premium is deducted from your Social Security check, it can be reimbursed by the tribe the same as your Medicare-B premium.

Benefits of Breastfeeding for Moms

by Barbara Danna, RN, Certified Lactation Counselor

Breastfeeding offers a range of benefits for mothers as well as their children:

- Women who have breastfed are less likely to develop ovarian and premenopausal breast cancers. The more months a woman has spent breastfeeding, the greater the effect.
- Breastfeeding reduces osteoporosis (thinning of the bones).
- Breastfeeding mothers enjoy a quicker recovery after childbirth, with reduced risk of postpartum bleeding.
- Mothers who breastfeed are more likely to return to their pre-pregnancy weight than mothers who formula feed. Breastfeeding reduces the risk for long-term obesity.
- Exclusive breastfeeding may reduce the risk of anemia by delaying the return of the menstrual cycle for 20 to 30 weeks.

- Exclusive breastfeeding for the first six months postpartum, in the absence of menses, is 98 percent effective in preventing pregnancy.
- Breastfeeding mothers are reported to be more confident and less anxious than bottle-feeding mothers.
- Breastfeeding contributes to feelings of attachment between a mother and her child.

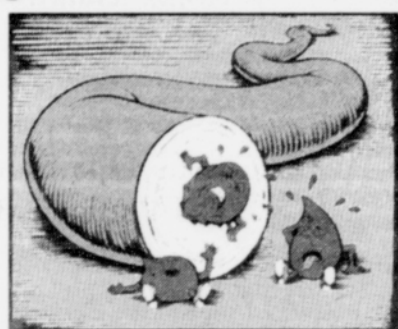
Breast Milk Facts

Breast milk is an amazing substance that cannot be duplicated by any artificial means. Unique in its composition and function, breast milk:

- Contains an ideal balance of nutrients that the infant can easily digest
- Changes over time, and even over the course of a day, to meet the changing needs of the growing child
- Contains substance essential for optimal development of the infant's brain, with effects on both cognitive and visual function
- Supplies growth factors that combine to mature the infant gut
- Provides the infant with immune factors manufactured to fight allergens and illnesses specific to the mother's and infant's environment

If you have questions, please call me at the Siletz Clinic, 1-800-648-0449 or 541-444-1030, ext. 1604.

The Squeeze on Smoking



Peripheral vascular disease is the narrowing of blood vessels that carry blood to leg and arm muscles. It's dangerous because if a blood clot blocks a narrowed artery, the result could be damage to or the loss of an arm or a leg.

Smoking is a major risk factor of peripheral vascular disease and can be more severe in smokers than in non-smokers.

When a smoker smokes, nicotine causes the veins to swell, which slows the blood flow. It's like a water hose. When the hose is turned on, the water shoots out of it. When we bend the hose, it spits and spurts out water.

This is what happens to a vein and it's especially serious for people who

have diabetes. Diabetics who smoke are twice as likely to develop this disease and dramatically increase their chances of amputation.

The good news is that when smokers quit, the swelling is reduced and blood flow returns to parts of the body like hands and feet. And in cases where surgery is needed, it's more likely to be successful in people who have stopped smoking!

Need help quitting? Contact your provider or DeAnna Pearl, TPEP coordinator, at 1-800-648-0449, ext. 1659, 541-444-9659 or siletztobacco@ctsi.nsn.us.



Rate Your Plate

by the American Diabetes Association

A quick way to make sure you are eating a variety of healthful foods at each meal is to "Rate Your Plate."

When you sit down for a meal, draw an imaginary line through the center of your plate. Then draw a line to divide one section into two.

- Fill about 1/4 of your plate with grains or starchy foods such as rice, pasta, potatoes, corn, or peas.
- Fill another 1/4 with protein foods like meat, fish, or poultry.
- Fill the last 1/2 of your plate with non-starchy vegetables like broccoli, carrots, cucumbers, salad, tomatoes, and cauliflower.
- Add a glass of non-fat or 1% milk, plus a small piece of fruit for dessert, and you are ready to eat!

You might need to count the carbohydrates or exchanges in your meal to be sure your blood sugar stays within your goal range. But "rating your plate" will get you started.

NOVEMBER

BINGO HOTLINE: 1-888-CHINOOK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11/11 - Marc's 5:30 Special: Three \$500 Jackpots! 11/23 - Thanksgiving Pie at Bingo 11/24 - Senior Bingo 11/26 - Tammy's 5:30 Special: Indian Star pays \$1,000!		1	2	3	4
			1 p.m. Matinee TURKEY BALL BINGO!	1 p.m. Matinee 5:30 Evening 3 FREE 6-ONS!	1 p.m. Matinee PRIZE DRAWING BIRTHDAY BINGO!	1 p.m. Matinee 5:30 Evening
5 1 p.m. Matinee 5:30 Evening FREE SQUARE \$500	6 1 p.m. Matinee 6 p.m. Evening Indian Star pays \$1,000!	7 1 p.m. Matinee	8 1 p.m. Matinee 6 p.m. Evening TURKEY BALL BINGO!	9 1 p.m. Matinee 3 FREE 6-ONS!	10 1 p.m. Matinee PRIZE DRAWING BIRTHDAY BINGO!	11 1 p.m. Matinee 5:30 Evening Marc's Special THREE \$500 JACKPOTS
12 1 p.m. Matinee 5:30 Evening	13 1 p.m. Matinee 6 p.m. Evening Indian Star pays \$1,000!	14 1 p.m. Matinee	15 1 p.m. Matinee 6 p.m. Evening TURKEY BALL BINGO!	16 1 p.m. Matinee 3 FREE 6-ONS!	17 BINGO CLOSED HOWIE MANDEL	18 BINGO CLOSED HOWIE MANDEL
19 1 p.m. Matinee 5:30 Evening	20 1 p.m. Matinee 6 p.m. Evening Indian Star pays \$1,000!	21 1 p.m. Matinee	22 1 p.m. Matinee 6 p.m. Evening TURKEY BALL BINGO!	23 6 p.m. Evening 3 FREE 6-ONS! HAPPY TURKEY DAY!	24 1 p.m. Matinee SENIOR BINGO! BIRTHDAY BINGO!	25 1 p.m. Matinee 5:30 Evening
26 1 p.m. Matinee 5:30 Evening Tammy's Special Indian Star pays \$1,000!	27 1 p.m. Matinee 6 p.m. Evening Indian Star pays \$1,000!	28 1 p.m. Matinee	29 1 p.m. Matinee 6 p.m. Evening TURKEY BALL BINGO!	30 1 p.m. Matinee 3 FREE 6-ONS! FREE SQUARE \$500!	2006	