



Infant Deaths Associated with Cough and Cold Medications

In October, you may have seen health alerts linking infant deaths with over-the-counter (OTC) cough and cold medications.

According to a new report by the Centers for Disease Control and Prevention, three deaths in 2005 and more than 1,500 babies and toddlers taken to the emergency room are directly linked to these products.

The products are commonly used to relieve stuffy noses and coughs in

children under age 2 and many parents assume they're harmless because of the OTC status. But experts have long warned that the drugs, which can raise heart rate and blood pressure, pose significant risks.

While all drugs pose some risk, there's no evidence that cough and cold remedies provide any benefit to children. Several studies have shown them to be no more effective than a placebo and some experts have suggested that

doctors only continue to recommend them because they're under pressure from parents.

The makers of several leading over-the-counter cold medication are voluntarily withdrawing products sold for infants. Withdrawn medicines include Dimetapp, Little Colds, Pediacare, Robitussin, Triaminic and Tylenol. The withdrawal does not affect medicines intended for children age 2 and older.

In response to these concerns, the Siletz Community Health Clinic Tribal

Pharmacy has withdrawn the above OTC items from our shelves and will no longer dispense them. Instead of the drugs, parents of sick infants can use vaporizers or hydrators, saline nose drops, rubber nose bulbs, and chicken soup and other fluids to keep an infant hydrated.

For more information, contact your health care provider or pharmacy, or log on to www.cnn.com or www.cdc.gov and follow the links to infant health.

Tooth Talk

by Mary Ellen Volansky, RDH, MS

A Staff Introduction

Who: Dr. Molly Francis, DMD

From: Raised in Spokane, Wash.; went to dental school in Mesa, Ariz., at the Arizona School of Dentistry and Oral Health.

Why dentistry: "Knowing my dad's fear of the dentist always made me want to change that for others, since I always loved the dentist."

Best experience (in dental school): "Rotations" or places she practiced dentistry in communities across the country.

Why Siletz: "I always wanted to work for the tribe, but I wanted care to be comprehensive and provide the most service; not be limited by funding."

Why public health: "I would like to see people coming (in for dental care), feeling comfortable ... wanting to maintain their oral health."

Worst experience (of dental school): "You don't have a life for four years."

She began having a life slowly after graduation on May 19, 2007. *People* and *US Weekly* have been her mainstay of reading materials since textbooks, laboratories and classrooms finished consuming her life. The day of this interview, Oct. 5, she had begun her first novel in four years.

What does all this add up to? As dental staff, we have found Dr. Francis to be an experienced and knowledgeable treatment provider whom we have found to be an enjoyable person to work with. OK, so she hasn't kept up with Harry Potter.

What does all this mean for Dr. Francis? She is at a place she worked very hard to get to – Siletz Community Health Clinic's Dental Clinic.

What does it mean for you? Come into the clinic and meet Dr. Francis. She will introduce herself as "Molly." Make your own impression.



Dr. Molly Francis, DMD

Fourth Annual Siletz Tribal Youth Conference

This year's conference will be held Nov. 11-12 on the Oregon Coast near Neskowin at the beautiful Westwind Lodge. The lodge is located on original Siletz Reservation allotment land at the mouth of the Salmon River.

The conference is being organized and run by staff from the Culture, Education, and Health programs. Chaperones from each area will assist youth and conference staff with running the conference.

We expect 60 youth to be in attendance. The conference is designed for youth in seventh through 12th grade.

Youth and their parents are asked to complete a survey as a part of the registration process. The survey questions are a tool to help parents, youth and staff develop expectations for the conference curriculum and experience. Staff is available in Siletz and each of the area offices to assist youth and parents with the survey.

The curriculum and activities for this year's conference are still under development. There will be workshops

Siletz Tribal Youth



and presentations on tribal culture, history, education options and resources. There also will be experiential workshops and activities designed to bring youth together and further developing good relationships with each other and with tribal staff.

Registrations will be mailed out using available addresses through Tribal enrollment. They also will be available in each of the area offices and

Siletz. Contact staff for each area is:

Eugene: Adrienne Crooks and Nick Sixkiller, 541-484-4234

Portland: Katy Kaady, 503-238-1512

Salem: Norma Jimenez and Sonya Moody-Jurado, 503-390-9494

Siletz: Delina John, 1-800-600-5599 or 541-444-8286; and DeAnna Pearl, 1-800-648-0449, ext. 1659, or 541-444-9659

For more information on the location, go to www.westwind.org/introduction.html.

Siletz Community Cancer Support Group



Time: 12:00-1:00 pm

Location: Siletz Library Community Room

Day: Third Tuesday of Month
Nov. 20th
Dec. 18th

Who: Community members are invited to attend whom are affected directly or indirectly with cancer. Cancer patients, survivors, family members, support people and care providers are encouraged to attend.

Contact: Sandra Hahn & DeAnna Pearl
Cancer Navigator Program
Siletz Community Health Clinic
(541) 444-9627 or (541) 444-9659