



The Siletz Clinic's new emergency satellite trailer

Satellite Trailer Can Provide Communications in an Emergency

by Dean Sawyer

The Siletz Clinic has an emergency satellite trailer that can be used when all other forms of communications are not working. The satellite trailer can hook up to an orbiting satellite and then has the capacity of accessing the Internet and voice-over-Internet telephone service.

The trailer has an onboard generator and it's fully self-contained. With the onboard Internet wireless router, up to 250 wireless-enabled laptop computers can be connected to the Internet.

If the land-line telephone service and Internet services are interrupted, the clinic will be able to communicate by Internet and telephone by using the trailer. Funding for the trailer was provided by a grant from the Hospital Preparedness program.

These trailers have the ability to connect the hospitals and tribal clinics in a six-county area (Benton, Lincoln, Linn, Marion, Polk and Yamhill) during an emergency or loss of critical communications infrastructure.



Cancer Resources Available, Starting with Clinic

by Carol Blomstrom

We want to let people know how to get information if you are diagnosed with any type of cancer. The first contact should be Lin Rasar, cancer navigator at the Siletz Clinic.

Lin can work with you and help with any/all referrals. Other resources include:

- For women with breast cancer, resources are available through the Susan B. Komen Foundation.
- Online information is available through www.AmericanCancerCenter.com.
- Regional Cancer Center in Corvallis, Ore. Use the toll-free number, 888-873-9547, to contact

Gerry Gibson, social worker, at ext. 6005 for information regarding travel, lodging and other resources that might be available.

If you need additional transportation, it's available through the Cascade West Ride Line. Contact Kim at 541-924-8738.

We hope this information is helpful to you. Remember, our cancer navigator, Lin Rasar, is available to help at any time.

We also have a Tillicum Cancer Support Group in Siletz that meets monthly (third Tuesday, noon, Siletz Public Library) to support all cancer patients and their families.

Please watch for more articles on our Tillicum Support Group. Thank you.

Tooth Talk

by Mary Ellen Volansky, RDH, MS

Healthy People 2010

One of the tasks of the Siletz Dental Clinic staff is to walk a fine line between "overbearing eagerness" and oral health mentor.

Come on, how many of you have not considered dental professionals "borrrrring," over-eager oral health tyrants? Of course you weren't thinking of us at the Siletz Clinic at that time, right?

The Healthy People 2010, a national oral health coalition, sees oral health as "an essential integral component of health throughout life. No one can be truly healthy unless he or she is free from the burden of oral and craniofacial diseases and conditions."¹ Talk about oral health tyrants!

Goal No. 1

Healthy People 2010 Goal No. 1: Reduce the proportion of children and adolescents who have dental caries experience in their primary or permanent teeth.

In 1999, the cavities rate for American Indian or Alaska Native children and adolescents was "76 percent for ages 2-4; ages 6-8, 90 percent; and for age 15, 89 percent. The national percent-

ages for these three age groups are 18 percent, 52 percent and 61 percent."²

What is significant in comparing these two sets of statistics is the great percentage of children ages 2-8 with high (90 percent) rates of cavities. These ages are when child development, self-esteem and overall comfort are at their beginnings. In addition, the cost of care is high for this age group, often involving a pediatric dental specialist and hospitalization with general anesthesia.

Cavities are preventable, at least reducible in number and severity. Cavities are preventable at all ages. Preventing cavities is why the Siletz Dental Clinic has begun to see children beginning at age 6 months – when teeth first erupt. Having a baby's teeth checked and fluoride applied is an important step in preventing dental decay.

So prevention can reach more tribal children, the clinic sends First Birthday Packets with information and tools for oral health care. In this packet is an invitation to bring your child into the dental clinic for his or her first dental checkup. The clinic is awaiting authorization from the Forms Committee on

our Oral Health Packets for newborn girls and boys.

Prevention also is the reason we see 3- to 5-year-olds at Head Start each year in Siletz and Springfield. With a parent's signed consent, each child receives screenings, sealants and quarterly fluoride varnish applications.

Then there is the Siletz Valley School Sealant Day, this year on March 12-13. The Siletz Dental Clinic staff will see children in grades 1-12 and provide a screening, homecare instructions, sealants and fluoride varnish. Parents must provide a signed consent form; Lourdes Jackson has these forms at Siletz Valley School.

These steps help improve on the next Healthy People 2010 goal, which is focused on adult health.

Goal No. 2

Goal No. 2: Reduce the proportion of older adults who have had all their natural teeth extracted. In "1999, the rate of American Indian or Alaska Native people that had lost all natural teeth was 30 percent between the ages of 65 to 74."³

Are you between the ages of 35 and 44? Well, among American Indi-

ans or Alaska Natives in this age range, the rate of gingivitis (mild gum infection) was "98 percent and for destructive periodontal disease (gum disease) was 54 percent in 1999."⁴

Do you know the health of your gums or whether you have gum disease? Remember, these two infections are treatable and they are preventable.

Have you visited your dental clinic in the past year? The number of persons, children and adults, who use the oral health care system each year stood at 44 percent. The number of American Indian or Alaska Native people who visited a dentist in 1996 was 34 percent.⁵

So yes, we can be boring. We don't mean to be, I promise. We are working to listen with our minds and our hearts. And we are working to speak with both our mind and our hearts in gear so we can make your visit to this clinic comfortable, successful (i.e., your needs are met) and healthful.

Come in and let us bore you sometime.

1-5 www.healthypeople.gov/document/HTML/Volume2/21Oral.htm