



Have a Safe Day at the Beach

by Sharon Mason, Health Advocate

From seeing a thundering rip current and a blazing sun to a stinging jellyfish and possible shark attacks, a day of play at the beach can be very traumatizing. A good day at the beach can be a wonderful experience if you know what to look out for.

Look out for lurking danger and learn to avoid it by knowing what a rip current is and keeping yourself and your family or friends safe.

Rip currents often are called rip tides or undertows. A rip current is created when the water is being pushed up the slope of the beach and gravity is pulling it back. This creates concentrated rivers of water moving offshore. They tend to form as waves along the beach, causing water to become trapped between the beach and a sandbar or another underwater feature.

The water then collects into a narrow river-like channel, moving away from the shore at high speed. These waves are very powerful. About 80 percent of lifeguard rescues and drownings at the beach are because of rip currents.

Nearly 50 men attend the first Men's Night Out, sponsored by the Siletz Clinic. Following a barbeque dinner, they saw presentations on several men's health issues, including prostate health and testicular cancer.
(photo by Natasha Kavanaugh)



Learn to conquer rip currents if one has snuck up on you by swimming sideways (parallel to shore) in the strong current and don't let it pull you backwards. Remember to stay as calm as you can and take deep hard strokes sideways until you no longer feel the current pulling at you. You also can tread water until someone sees you.

Pick out a beach with lifeguards and if there aren't any, take all precautions to be safe.

Have a wonderful day at the beach, everyone.

Tooth Talk

by Mary Ellen Volansky, RDH, MS

Saliva, Dry Mouth, etc.

Dry Mouth – Dr. Molly Francis recently spoke at the Siletz diabetes group luncheon. She had participants sample mouthwashes used to ease the symptoms of dry mouth. In her study results were confirmed, Oasis Moisturizing Mouthwash tasted best and lasted longest. In second place was a mouthwash called Biotene.

Biotene has been around for a long time. This company makes several products to ease dry mouth – gum, toothpaste, mouth spray and a gel advertised to last up to eight hours. The gel sounds great to use before going to sleep. Dry mouth while sleeping is a common complaint. Many clinic patients have recommended having a glass of water on a nightstand for drinking during the night.

Oasis, which finished in first place, offers only two products – a mouthwash and a mouth spray. If you visit the GlaxoSmithKline website (www.oasisdrymouth.com), you can obtain an instant coupon for this product. Searching the Biotene website, I was unable to locate any coupon options for Biotene products.

Saliva – The May 2008 Journal of the American Dental Association (JADA) listed nine functions for saliva,¹ including lubricant, buffer, antimicrobial activity and aid to swallowing. All of these benefits are “largely protective of the oral environment.”

The American Dental Association spent most of this issue on “how saliva can be used in caries prevention.” So now you can understand the importance of saliva, the impact of dry mouth and why there are products to ease dry mouth.

The journal looked at saliva flow and chewing, especially chewing sugarless gum. Saliva washes away and buffers the acids inside our mouth. Acids are formed by bacteria that live off the foods we eat and acid comes directly from some of the food we eat (i.e., soda).

Chewing increases the flow of saliva. The results of seven clinical caries investigations attest to the merits of stimulating salivary flow, in this case by chewing gum with sorbitol. Chewing sugarless gum after meals was sug-

gested for best results at reducing cavities. More research was recommended.

Sports Mouth Guards – Summer is here and with it we are drawn to outdoor activities that involve contact with hard objects (other participants, trees, bicycle handlebars, etc.) and a risk of injuries to your mouth and teeth.

“Studies have linked sporting activities to nearly one-third of all dental injuries. Mouth guards offer protection by absorbing high-impact energy from potentially traumatic blows and dissipating that energy, which otherwise would be transferred directly to the underlying dentition.”

And, “Mouth guards also can provide substantial protection to patients receiving orthodontic treatment. By moving soft tissue away from teeth and preventing intraoral laceration and bruising, properly fitted mouth guards can assist athletes wearing fixed orthodontic appliances.”

On the basis of the available literature, the Council on Scientific Affairs and the Council on Access, Prevention and Inter-professional Relations (now that's a mouthful!) recommend that athletically active people of all ages use a properly fitted mouth guard in any sporting or recreational activity that may pose a risk of injury. Several studies suggest the custom mouth guard provides patients with the most precise fit and the best retention.²

If you are an “athletically active” person engaging in “sporting or recreational activities that may pose a risk of injury,” you can obtain a custom-fitted mouth guard at the Siletz Dental Clinic. Call for an appointment with your continuing care dentist.

Are your teeth in braces? The clinic has pre-made mouth guards that address the special protection needs of those with orthodontic braces.

1 JADA, “Saliva and Oral Health: The benefits of chewing and stimulating salivary flow.” Vol. 139, May 2008.

2 JADA, “Using mouth guards to reduce the incidence and severity of sports-related oral injuries.” Vol. 137, December 2006 p. 1712 - 1720

Did You Know?

by Jamie Mason, Tobacco Prevention Coordinator

The Oregon Legislature passed a law in June 2007 making the Oregon Smoke-Free Workplace Law even stronger than what it has been in the past. Beginning in January 2009, the number of indoor workplaces required to be smoke-free will expand to include:

- ⊗ Bars and taverns, including bar areas of restaurants
- ⊗ Restaurants
- ⊗ Bowling centers
- ⊗ Bingo halls
- ⊗ Private offices and commercial office buildings
- ⊗ Retail and wholesale establishments
- ⊗ Manufacturing plants and mills
- ⊗ Truck stops
- ⊗ Child and adult day care centers
- ⊗ Assisted living facilities
- ⊗ Movie theaters and indoor entertainment venues
- ⊗ Hotels and motels (exception – up to 25 percent of guest rooms can be designated as smoking rooms by the owner or entity in charge)

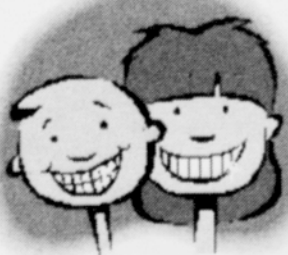
As you can see, this will be a major change on the economy. It will cause more people to think about quitting, less secondhand smoke, more family outings for people who didn't take their families out because of a smoky environment and a lower percentage of health problems from smoking.

Now that you are more aware of this new law coming in less than six

months, you can prepare yourself for it, whether that's trying to quit smoking or preparing yourself for not being able to smoke in these specified places.

Businesses can get fined if an employee and/or the public reports a violation once the new law takes effect. They can do this by calling a toll-free number or completing an online complaint form. Complaints will be investigated and violations pursued.

But we know that none of us Natives will have to worry about this because we **know** the new law.



It's EASY!

What can you do today to protect your child's teeth?
Fluoride Treatment: Get one today!

No Appointments are necessary for a quick, easy and effective fluoride treatment.
All ages accepted.

Siletz Community Health Clinic
Patients of Dental Clinic

Monday—Thursday 8 am—12 pm & 1 pm—4 pm		Fridays 10 am—12 pm & 1 pm—4 pm
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