Relay Team Says Thanks

The Tillicum Cancer Support Group (EAGLES) would like to give a special thank you to everyone who walked and supported the Relay For Life that was held in Lincoln City on Aug. 15-16, 2008. We started walking at 6 p.m. on Friday, Aug. 15, 2008, and finished at 3 p.m. on Saturday, Aug. 16, 2008. We kept the baton moving during that entire time. Each of us walked for every Tribal/community survivor and for those who lost their precious lives to this disease.

Please give a special thank you to Lane Imbler-Bremner (who is 14) for helping set up and take down our tent. He also stayed the entire time and walked 16 miles for the cure.

Our group formed two years ago and we meet monthly to support any person with cancer or family member and friends. Bobby Bayya was a part of our group from the beginning and Gary Whetstone was a fund-raiser for our Relay this year. Also, a thank you to Homer Garrett (survivor) for the banner you made for our tent. You are a great artist!

Thanks again,
Carol Blomstrom, Survivor
Rose Bremner, Supporter
Lynn Rasar, Cancer Nurse Navigator

Nike Native Fitness Project Ends

Thank you to all Tribal members who participated in the distribution of the Nike N7 Native Fitness shoes. We have distributed 1,550 pair of shoes and all funding for this project has been spent.

We will move some funds internally to allow us to order the backorder shoes that are expected to be available in December 2008. This will be the close of this one-time special project. Applications will be accepted until Oct. 15.

It has been a lot of fun for those of us involved and we hope you are enjoying your shoes and fulfilling your commitment to healthy living.

Tooth Talk

by Mary Ellen Volansky, RDH, MS

Oral Health Then and Now

Toothpaste is not a modern concept, nor is the toothbrush. People from around the world have a history of using tools, chew sticks and mixtures to clean their teeth. Tongue cleaning is not new either; it has been common in Pakistan and India.[1]

Toothpaste has been around for thousands of years, "in early Egypt one such formulation included the combination of burnt eggshells, pumice, myrrh, and ashes from the hooves of oxen."[2] Pumice continues to be used to polish teeth.

Regarding burnt eggshells or ashes of hooves of oxen, I'm unaware of their continued use in oral health practices. Don't you agree that where flavor is concerned, the above recipe for toothpaste will not be giving Crest, Colgate or even natural Tom's of Maine much competition?

Some of you know that I describe fluoride varnish (the cavity preventive that we apply to teeth here in the clinic) as "starting out tasting like cherries and ending up tasting like tree sap." Little did I know that tree sap has a history of being used to clean teeth by Native people in our Northwest.

Pine resin was used as "chewing gum or quids." Chewing the resin was meant to clean teeth. Memory Elvin-Lewis, co-author of *Medical Botany*, said she obtained this information from a "NW Salish" member.[3] Fluoride varnish now is made from "natural resins."[4] Whether "natural resins" means Northwest pine resins, I don't know.

Through the school year, children participating in Head Start classes or who attend the Tenas Illahee Childcare Center have the opportunity to have this preventive varnish applied to their teeth. Each fall, these children also have their teeth screened and dental sealants applied. This service is provided free.

Parents or guardians, if you want your children to have this service you must sign the consent and fill out the health history forms available from Head Start or childcare center staff. This is done for each year.

As a patient in the Siletz Dental Clinic, you have this fluoride opportunity each time you come in. You also can have this fluoride applied anytime you want. Just come by the clinic and tell Kristi in reception that you want fluoride varnish for your teeth.

Application time? Less than a minute.

Dr. Matthew Winkle asked me to tell you that the amount of fluoride in a varnish application is equal to the amount found in a child's small fluoride tablet.

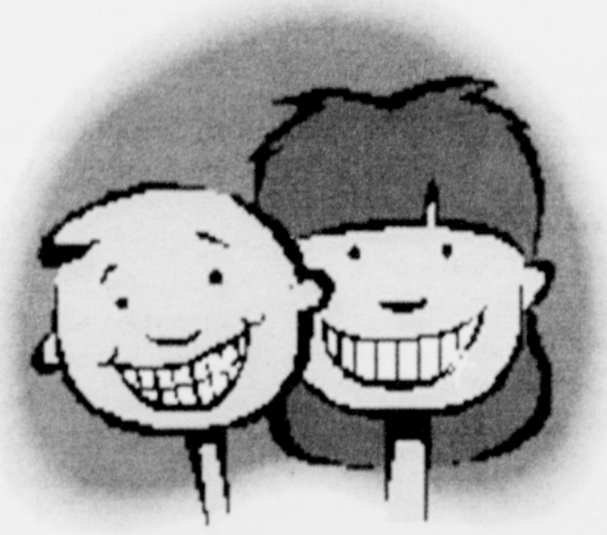
So why not just chew a fluoride tablet? Well, fluoride varnish is much more effective in strengthening our teeth because the varnish stays on our teeth longer. This longer time on our teeth allows them to absorb and hold onto the fluoride for a much longer time.

Herbals, plants, gums and quids have a history in all cultures of the world for the treatment of oral health concerns, those as ancient and contemporary as a toothache, clean teeth, halitosis and periodontal disease.[5]

Sometimes those remedies were the same across cultures. Some were specific to the plants that grew in a geographic region. When people traveled (by choice or, unfortunately, not by choice) they found a similar species that contained the same medicinal properties of the original.[6] Other remedies traveled among cultures, where they were sometimes enhanced by local practitioners.

These remedies from Native people around the world were the beginnings of products manufactured today – toothpaste, toothbrushes, stim-u-dents and tongue scrapers. Some remedies we continue to use in the original form – pumice, baking soda and salt. Others we have updated, such as with fluoride varnish. Knowingly or unknowingly, we have taken the original remedy and added an enhancer – fluoride.

1 *Medical Botany: Plants affecting Human Health*, 2nd edition, Walter H. Lewis and Memory P.F. Elvin-Lewis, 2003, p. 386
2 *Medical Botany: Plants affecting Human Health*, 2nd edition, Walter H. Lewis and Memory P.F. Elvin-Lewis, 2003, p. 409
3 Memory Elvin-Lewis, Aug. 12, 2008
4 www.astdd.org/docsSept2007FINALFlvarnishpaper.pdf
5&6 *Medical Botany: Plants affecting Human Health*, 2nd edition, Walter H. Lewis and Memory P.F. Elvin-Lewis, 2003, p. 379-458



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 a.m.—12 p.m.
&
1 p.m.—4 p.m.

Fridays
10 a.m.—12 p.m.
&
1 p.m.—4 p.m.