



Infant Deaths Associated with Cough and Cold Medications

If you have children less than 4 years old, using over-the-counter (OTC) cough and cold medicines is no longer recommended, so you should talk to your doctor about other ways to treat your child's cold.

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 OTC cold medications are relabeling and repackaging infants' and children's products. The Siletz Community Health Clinic Tribal Pharmacy, however, has not restocked the products and continues to recommend the use of 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.

November Is National Diabetes Awareness Month

by Sharon L. Mason, CHAI

What Is Diabetes?

voiding, constant hunger, weight loss and extreme fatigue. If this isn't diagnosed or treated with insulin, a person with Type 1 diabetes can go into a life-threatening diabetic coma. This is known in the medical world as diabetic keto-acidosis.

Type 2 Diabetes: About 90 percent to 95 percent of people are diagnosed with Type 2 diabetes. The body still produces some insulin. This type of diabetes is usually diagnosed in the older age group. Obesity, family history, being diagnosed while pregnant (called gestational pregnancy), very little physical activity and nationality also play a role. About 80 percent of diagnosed Type 2 diabetics are overweight.

Gestational Diabetes: This type of diabetes is diagnosed when a woman becomes pregnant and usually ends after baby is born. Because of this, pregnant women who show signs or symptoms (such as a finger stick blood sugar higher than normal) will take a three-hour test to rule out gestational diabetes. If this test is

positive, the patient will follow a diet that her doctor will put her on and usually this diagnosis will last only as long as she is pregnant.

People who have diabetes have high sugar counts in their blood and it's very important to control this to prevent serious problems with body organs, such as circulation cut off and nerve damage in arms and legs causing possible amputation; losing sight in eyes; and damage to the kidneys, which eventually will prevent a person being able to void on their own or the kidneys will quit working all together, creating a need for a leg bag and then using a dialysis machine.

A patient needs to take baby steps to prevent becoming overwhelmed with all the various prevention treatments and plans. Take one day at a time and one project at a time.

Your doctor or health provider will help you with a treatment plan, menu agenda and how much exercise to start with.

If you have more concerns, please make an appointment with your primary provider.

Three Types of Diabetes

Type 1 Diabetes: The body requires daily insulin medication. The pancreas has stopped producing insulin because of the autoimmune system attacking the insulin-producing beta cells in the pancreas and destroying them. A person who has Type 1 diabetes must take insulin daily to live.

To this day scientists do not know exactly what causes the body's immune system to attack the beta cells, but they believe that autoimmune, genetic and environmental factors, possibly viruses, are involved. Type 1 diabetes occurs in about 5 percent to 10 percent of diagnosed diabetes in the United States. It develops most often in children and young adults.

Symptoms of Type 1 diabetes usually form over a short period of time, but beta cell damage can begin years earlier. Symptoms include increased thirst and

November 20th

The great American Smoke out!

Quit smoking for 24hrs, and see that you do have the ability to quit smoking. You won't be alone, because thousands of people all over the world celebrate this day.

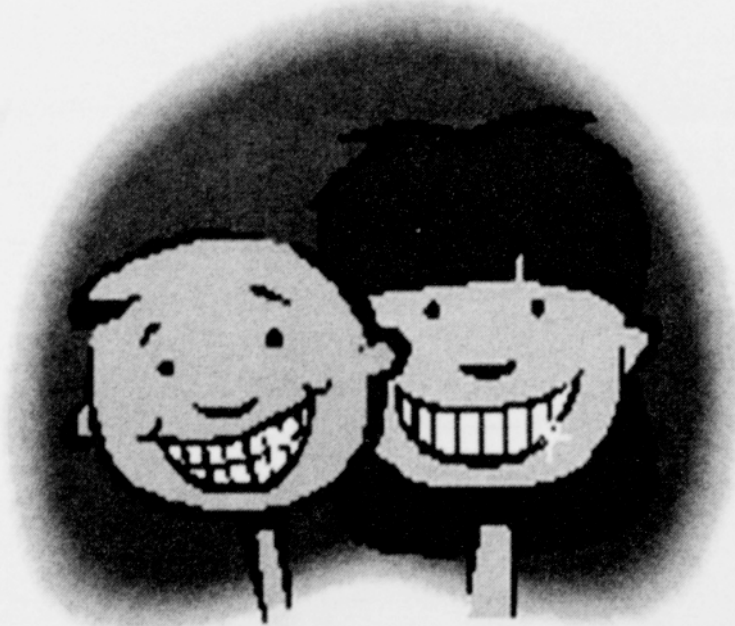
I challenge you to participate in this smoke out, and form a support team with me on this day and chat about tobacco and the struggles of quitting. A lunch will be provided.

If you would like to join and or have any questions please call

Jamie Mason at
1-541-444-9659

When: November 20th, 2008

Where: Siletz Community Health Clinic
Time: 12:00PM



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.