



Pharmacy Refill News

Remember – you don't have to wait for business hours to call in your refill. Call the Refill Line anytime at 800-648-0449, ext. 1624, or 541-444-9624.

Mail Order Requests – Please call in your refill request 7-10 days before you run out of medication. This is necessary to allow the pharmacy time to contact your provider, for your provider to respond and for the prescription to be mailed.

Also, letting pharmacy staff know if your provider has increased or changed your medication dose will ensure your prescription is filled in a timely manner and prevent delays.

Local Refill Requests – Please call in your refill request 2-3 days before you run out of medication. This is necessary to allow the pharmacy time to contact your provider and for your provider to respond. This will take longer if your refill request is through a pediatrician since they are only at our clinic two days per week.

Outside Pharmacy Refill Requests – If you get your medications at an outside pharmacy, please contact the outside pharmacy. They will fax your provider with your request for a refill.

Optometry and Dental News

Missed optometry and dental appointments will be documented in your chart. A second documented missed appointment will take you off the usual appointment flow schedule and you will then be on a "space available" list.

Optometry appointments are available Mondays and Tuesdays. Appointments are available within two weeks – call today!

Dental appointments now can be made any day of the week – you don't have to wait for a call-in date. Please call for your exam and cleaning today!

ToothTalk

by Mary Ellen Volansky, RDH, MS

Bitetoids on Oral Health

Dental Humor? Yes, at least by *The New Yorker* magazine's standards. In 2004, they published a book of just dental cartoons. We placed copies of the cartoons on the ceiling in each operator; they did not stay where they belonged. *The New Yorker ADA Book of Cartoons* is in the clinic. Ask to see it when you come in.

Barber Poles? The barber pole is the oldest distinguished mark of any profession or craft, dating back 6,000 years before Christ. Barber surgeons performed hair and beard trimming, medicine (herbs), dentistry (tooth pulling) and surgery (blood letting). The attractive glass red and white emblem remains the property of the artistic barbering profession today.

Horses See Dentists! Their teeth continue to erupt from their sockets throughout the horse's life. – 18 years for some horses. Sometimes horses have to see a dentist to have their teeth filed. The filing keeps sharp edges of teeth, formed from wear, from irritating cheeks. Also, hooks can form on the front and back of the rows of molars (12 molars on one side of the jaws), which if not removed can result in the horse not being able to close its mouth. (Courtesy of www.angelfire.com/tx2/kidshorses/teeth.html)

Tooth Fairy? Most societies view teething as a rite of passage – the nursing baby becomes a chewing infant when teeth come in; the infant becomes a youngster when the baby teeth are lost and the permanent teeth arrive. Our present ritual may be only a century old.

Yet centuries ago in Europe, it was common practice when a child's baby tooth fell out to bury it in the ground. The reason was a superstition that if a witch got a hold of the tooth, a curse could be placed on the child. By burying their

children's teeth, this unfortunate curse was prevented. Disposing of baby teeth was serious business for them.

The Vikings were serious too. They had a "tooth fee." This fee was given to a child upon the use of a tooth. Why might one want this tooth? Well, superstition of the time held that a child or their articles brought power and luck in battle.

What is uniquely American? Our tale has the tooth fairy giving money for a tooth and not expecting anything else nor imparting any protections or powers. Just fun for what can be a scary experience. (Courtesy of: www.drbbunn.com/tthfairy.htm and www.straightdope.com.)

If your teeth are worn down, would the phrase "down in the mouth" apply to you? Like horses, we don't usually wear our teeth down from eating. We can wear our teeth from stress-related habits and malocclusion.

Human teeth get a straight-line appearance across the biting edge of anterior teeth. Sometimes the edges are so worn that the dentin shows. Dentin is more porous than enamel, so the dentin will pick up stain.

If you grind, clench or repetitively move your teeth against each other, come to the dentist. A simple night guard might prevent this wear.

Back to "down in the mouth." It refers to the down-turned corners of the mouth on a person who is sad. You might use the phrase to describe someone who has lost a loved one or a job. Hopefully, you won't be down in the mouth after reading this article. (Courtesy of www.phrases.org.uk/bulletin_board/50/messages/20.html)

The hygiene operator has cartoons of many strips posted on the walls and cabinets. Come in soon for a chuckle or two.

Tillicum Cancer Support Group Keeps Busy

by Carol Blomstrom, Cancer Survivor

From the Tillicum Cancer Support Group: I wanted to share with everyone what the group has been doing.

In August, we participated in the Relay For Life in Newport. Lynn Rasar and I had more than 20 people walk in the 24-hour Relay. We then took a team to the Relay For Life in Lincoln City. I personally want to thank all of you for supporting our cause; again, thank you from the bottom of my heart.

At our October meeting, Donna Woods honored Rose Bremner and I for our work with the cancer support group.

On Nov. 2, we had a bingo fund-raiser for a young mother of three who is battling brain cancer. She is undergoing chemo and radiation at this time. This was a very successful benefit because of the generosity of Siletz businesses and individual donations.

Thank you again for supporting our cancer group.

Sign Up for Medicare Part D Through Dec. 31 Only

Medicare Part D is Medicare's pharmacy plan. If you get Medicare, you qualify for Medicare Part D. Contact Marci Garrett at 541-444-9663 or 800-648-0449, ext. 1663, for assistance in signing up.

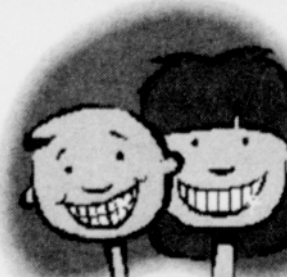
Smokeless Tobacco as Addictive as Cigarettes

Smokeless tobacco is a very addicting habit, just like cigarettes can be. It can cause many harmful consequences that can be prevented. Here are six facts about smokeless tobacco:

- Two main smokeless tobaccos are snuff and chewing tobacco.
- Smokeless tobacco contains 28 cancer-causing agents.
- Smokeless tobacco can cause cancer, especially in the oral cavity.
- Smokeless tobacco can lead to nicotine addiction and dependence.
- Adolescents who use smokeless tobacco are more likely to become cigarette smokers.
- Smokeless tobacco causes oral health problems, such as leukoplakia (lesions of soft tissue that consist of a white patch or plaque that cannot be scraped off) and recession of the gums.

If you have any questions or would like to stop using smokeless tobacco, please contact Tobacco Prevention Coordinator Jamie Mason at 541-444-9659 or 800-648-0449, ext. 1659; or the Oregon Tobacco Quit Line (toll free) at 800-QUIT-NOW.





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.
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Want to Stop Smoking?

If you want to stop smoking and need help, please call

Jamie Mason at 541-444-9659 or 800-648-0449, ext. 1659, or

Call the Oregon quit line at 800-QUIT-NOW.

It's a free service.