



Women's Pap-a-thon Returns in February

All women in the community are invited to participate in the Siletz Community Health Clinic Pap-a-thon on Feb. 10 from 1 p.m. to 7 p.m.

All women in need of a pap, breast exam, blood sugar check and breast self-exam teaching for free are encouraged to call and make an appointment at 541-444-1030 or 800-648-0449.

It's an afternoon devoted to women only in the clinic, with food, facials, paps, nails, blood sugar checks, breast exams, massages, gifts and more.

If you need help with transportation, please call Sharon Masson at 541-444-9609 or 800-648-0449, ext. 1609. If you need help with child care to be able to come, call Lin Rasar at 541-444-9627 or 800-648-0449, ext. 1627.

Watch for posters with added services on that day.

Medicare Reimbursement Available

by Judy Muschamp, Health Director

Elders are reminded that the Tribe will reimburse you for your monthly premium for Medicare Part B coverage (physician services).

Please provide a copy of your Medicare card and a benefit statement from Social Security indicating how much will be withheld per month and we will get you on our list of eligible reimbursements.

If you are under age 65 and disabled, we will reimburse if your Part B Medicare coverage isn't already paid by the state. Please contact either Wendi Schamp or me for assistance.

The Tribe also will reimburse the cost of enrolling in a Part D prescription drug plan. If you need assistance signing up for a prescription drug plan, please contact Marci Garrett at the clinic.

If you have any questions, feel free to call the clinic for help at 800-648-0449 or 541-444-1030.

Get Ready for Annual SVS-CTSI Sealant Clinic

by Mary Ellen Volansky, RDH, MS

Fish don't have problems with their teeth that I know of. Maybe that is because fluoride is present in all oceans of the world. Still, I suspect that fish want all the protection they can get from holes growing in their teeth. So I am willing to bet they would have dental sealant applied to their teeth for added protection.



This leads me to a very closely related topic, the Annual Siletz Valley School (SVS)-CTSI Sealant Clinic on Feb. 25-26, 2009.

This free clinic is open to all SVS children in grades 1-12. Each child will be seen at the Siletz Dental Clinic for the following services: dental screening, sealant, home care instructions and supplies, and fluoride varnish.

If your child or children attend SVS, you were offered the opportunity to sign a consent form when you registered for classes last summer. If you completed this form, then you are done. If you did not sign the CTSI form, drop by SVS before Feb. 13 to complete it. If you have questions, please call Lourdes Jackson at 541-444-1100.

Nike Shoe Update

by Judy Muschamp, Health Director

Nike does not have all sizes available for our final order of Nike shoes. No more applications are being accepted at this time.

If you have relocated since submitting your application, please contact Wendi Schamp at 541-444-9670 or 800-648-0449, ext. 1670. She has mailed individual letters informing applicants of the status of this project and some letters have been returned because of an incorrect address.

Thank you.

Toothtalk

by Mary Ellen Volansky, RDH, MS

Updates on Oral Health

Toothpaste: Many of you have seen or sampled Spry Gum. Spry now makes over-the-counter fluoride toothpaste, mostly seen in Whole Foods stores like Market of Choice in Eugene.

You can contact www.sprydenal.com to purchase any of their products. The benefit of Spry, or Squiggle, is that they are sweetened with xylitol.

Xylitol

Why is xylitol so important? Xylitol helps prevent cavities. The critters, bacteria, that cause cavities like xylitol better than sugar. But – and this is a huge but – they cannot digest it. Bacteria that don't digest are dying and cannot produce the acids that cause cavities. Hey!

Use products with xylitol "that encourage chewing or sucking to keep the xylitol in contact with your teeth." Look for products that have xylitol as the first ingredient.

Beware of the many products that list xylitol as a third or fourth ingredient. These products do not have enough xylitol to be helpful in this way.

Studies have shown that the therapeutic dose is five to 10 grams of Xylitol per day, at least five days a week. It must be used three to five times during the day.¹

Other xylitol-containing products with xylitol as the first ingredient include Smintz – mints only, Ice Breakers Ice Cubes, Xylicheew gum and other Spry products (mints, mouthwash and gum). Amazingly, Amazon.com carries some of

these products or you can Google xylitol for other options.

All sugarless gums, including the xylitol-sweetened products mentioned above, are good for us. These sugarless products increase saliva flow, which helps decrease acids and wash sugars away, always a benefit for our teeth. Rinsing with a couple mouths full of water after drinking sodas (sugared or sugarless) or eating sugar can help too.

Rinsing or chewing sugarless gum after eating is not always a first, nor a second, thought after eating certain foods. We may want to linger with that favor awhile, as with the delightfully smooth calmness of dark chocolate.

Mouth Rinse

A mouth rinse with chlorohexidine can help promote oral health because it's an "antimicrobial agent."

Antimicrobial agents can: 1) interfere with bacteria associated with oral disease; 2) decrease plaque and prevent its formation; and 3) decrease acid production. All of these will help improve oral health, decreasing risk of periodontal disease and cavities.

Using a mouth rinse with chlorohexidine is recommended for decreasing the critters – bacteria – in the mouth. This is recommended for mothers of infants from birth until 2 years old. This will lower the amount of bacteria in a mother's mouth, which then will lower the number of bacteria her child will receive. This will

lower the child's risk for future dental cavities and pain.

Target groups for using chlorohexidine mouth rinse are pregnant women and mothers or other primary caregivers of infants.

A person can do one of the following: 1) rinse with 10 ml of chlorohexidine rinse daily for one week per month for approximately one year; or 2) rinse for two to three weeks straight, repeating every two to three months for one year.²

Ask your dentist or hygienist about this option to promote oral health for you and your child.

Madrona Tree

The madrona tree [Madrone or Madrono (*arbutus Menziesii*)] has an oral health history with Northwest Tribal people.

Joe Scott, Siletz Valley School's curriculum specialist and Siletz Tribal member, directed me to this webpage, www.orww.org/Bald_Hill_204/Native_Plants_Tour/index.html. It has pictures and videos of native plants used for food and health reasons, more than just the madrona and beyond oral health. Check it out.

The madrona was listed for its leaves and bark. Kalapooian/Calapooya Tribal peoples chewed the leaves or used the leaves in a mouthwash to promote healthy gums. Also, the bark was used for skin rashes and the vitamin C-rich berries were eaten.

According to Moerman, other Northwest Tribes such as the Cowishan used the

madrone for burn dressing, the Pomo for skin sores and sore throats, the Salish and Cowishan chewed leaves and swallowed juice for sore throats. The Skokomish used an infusion of leaves for colds.³

- 1 Northwest Tribal Dental Support Center, *Oral Health Promotion and Disease Prevention Manual* by Bonnie Bruerd, DrPH and Kathy Phipps, DrPH, April 2007, p. 8.
- 2 Northwest Tribal Dental Support Center, *Oral Health Promotion and Disease Prevention Manual* by Bonnie Bruerd, DrPH and Kathy Phipps, DrPH, April 2007, p. 7.
- 3 *Native American Ethnobotany* by Daniel E. Moerman, Timber Press, 1998, p. 83.

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.