



Join Men's Night Out!

We're gearing up for a great event this year on June 27 from 4 p.m. to 8 p.m. – that's a Saturday so men, hold it open. We plan on having lots of fun! It will be at the gym next to the fitness center in Siletz.

If you are interested in helping with any of the planning, call Lin Rasar at 541-444-9627 or 800-648-0449, ext. 1627.

Pick Up a Butt Day

by Jamie Mason

March 26 was Pick Up a Butt Day. I want to thank all the families and youth who participated in this activity. It's not only an event that helps the community's appearance, it also allows youth and families to work together and become involved in prevention.

We started picking up butts around the Tribal offices and worked our way to the Siletz pub for pizza, which has been smoke-free since Jan. 1 because of the new smoking law. Yeah!

We had two winners who picked up the most butts – Kyle McCrae and Ebyn Jackson. They both received a traditional tobacco T-shirt and a tobacco prevention sling bag. Everyone who participated got a small incentive.

Twenty-seven youth and families took part and with all those helping hands we picked up approximately 10 pounds of cigarette butts. Out of the 10 pounds of butts, approximately 2 pounds were found near the Tribal offices. Just a friendly reminder to the employees and visitors that



we do have ashtrays to stick the butts in by the designated areas.

The majority of butts were found by the skate park, Noel's market, the laundry, and the Siletz pub. Fellow community members, please keep in mind that ashtrays and garbage cans (after cigarette is fully put out) are available to dispose of your cigarette butts and packaging.

We plan to do this event again this summer. Everyone is invited to join us. Hopefully, now that you are all aware of this problem we will get 7 pounds of butts rather than 10 pounds.

Ten Reasons to Stop Drinking Soda

submitted by Darcy de la Rosa, Diabetes Case Manager

Children sip it, teen-agers crave it and adults gulp it to get through the workday. But according to a growing body of research, America's favorite fizzy drink isn't just a harmless vice – it's a genuine health hazard that can cause obesity, bone loss and tooth decay.

Some studies even suggest that soda can increase your risk for diseases such as diabetes and cancer. Here are the top 10 reasons why you should put pop to a stop:

1. Soda is expensive. Compared to fruit juice or milk, soft drinks may seem inexpensive but when you consider the lack of nutritional value, soda seems like a rip-off. And keep in mind that the costs of soda can quickly add up. A soda from a vending machine costs about \$1. If you drink two a day, you have spent about \$730 on pop in a year!
2. Soda packs on the pounds. According to a recent study by the University of Texas Health Science Center, drinking one to two cans of soda a day increases a person's risk of being overweight or obese by 32.8 percent. Those who drank one to two cans of diet soda per day were at an even higher risk – 54.5 percent – of being overweight or obese.
3. It increases your risk for diabetes and heart disease. A 2007 study published in the American Heart Association's journal *Circulation* found that people who drink soda every day, whether regular or diet, were 44 percent more likely to develop metabolic syndrome – a condition that greatly increases your risk for heart disease and diabetes.
4. It doesn't satisfy your thirst. When it comes to quenching your thirst, water is the gold standard, but herbal tea and fruit juice also are good options. Soda can make you thirstier because caffeine is a diuretic and sugar interferes with the body's absorption of fluids.
5. It's bad for digestion. Soda's effects on digestion are a source of ongoing debate, but some experts believe the phosphoric acid these beverages contain can disturb the acid-alkaline balance of the stomach. As a result, they believe soda drinkers can develop digestion distress, acid reflux, stomach inflammation and intestinal erosion.
6. It can be addictive. A 2000 study published in the *Archives of Family Medicine* revealed that the caffeine in soda can be addictive and going without it can create withdrawal symptoms. Although this type of addiction may seem benign, experts are quick to point out that caffeine is a stimulant and once you're addicted,

Caremark (Pequot) Pharmacy Card, Reimbursement Information

Regardless of where you live, your pharmacy benefit is \$500 per year. Every Jan. 1, your card renews.

Members who live in the 11-county service area and are more than 40 miles from the Siletz Community Health Clinic (SCHC) should have their maintenance medication mailed to them through SCHC. Not all medications are in the SCHC formulary, so this is when you should use your pharmacy card at a retail pharmacy such as Walgreen's, Fred Meyer, Rite Aid, etc.

Members who live outside the 11-county service area (direct care) cannot get medication mailed through the Siletz Clinic, but can get medication directly through Pequot Pharmacy. Any maintenance medication needed by direct care patients should be mailed directly to Pequot, which will stretch your card dollars.

Patients who have primary pharmacy insurance, such as Blue Cross Blue Shield, AETNA, Medicare Part D, etc., and have to pay a co-pay up front to the retail pharmacy can be reimbursed up to \$500 per year. Members who pay up front for medication and still have a balance on their pharmacy card can be reimbursed as well.

To receive a reimbursement, you must provide the receipt from the pharmacy, not the cash register receipt. The receipt must have your name, doctor's name, date of service, medication name, medication dosage and amount paid. Mail your receipt to Contract Health Services, P.O. Box 549, Siletz, OR 97380-0549.

Your pharmacy card should not have your Social Security number on it. If the card does have your Social Security number on it, you need to contact Rhonda Attridge with Contract Health at 800-628-5720 to get a new card. You will be required to complete an individual registration form in order to receive your new card.

Pharmacy Reminders

The Pharmacy staff is working closely with providers and medical staff to make the switch from paper medical records to electronic health records, or EHR. This means providers no longer will be writing prescriptions by hand and turning them in to the pharmacy. It will all be done through the computer system.

Because of this, it's going to take a little longer to process and fill prescriptions. So while we are making the transition, we are enforcing the two-day minimum on all refill requests and it can be up to a one-hour wait for all new medications. It's best to call in your refills anywhere from three to five days before taking your last dose.

Here are a few tips to help make the transition smoother:

1. On the prescription label in the bottom right-hand corner is a section that says how many refills you have remaining. For example, if you have two refills left it will say REF: MRx2.
2. If you use a pill box, call in your refill after you have filled it for the last week of your medication. If you are on birth control, call us when you are on your last week of pills. We have pill boxes available in the pharmacy.
3. Insulin is a bit more difficult. If you use insulin pens, please call us when you are on your last pen. If you use insulin vials, as a general rule, please call in your refill when you are on the last half of your last vial. We know there will be some exceptions to this rule so please feel free to contact the Pharmacy staff or Darcy de la Rosa if you have questions.

Safe, Quick and Easy Disposal

- Don't flush them.
- Mix medicines in a sealable bag with coffee grounds, kitty litter or sawdust and water.
- Throw it in your garbage.
- Destroy prescription information.



withdrawal symptoms can include fatigue, depression, irritability, tremors, sleep deprivation and headaches.

7. It's bad for the environment. Many people don't recycle their bottles and cans. In fact, it's estimated that some 50 billion aluminum cans and plastic bottles from soft drinks get thrown into landfills every year. Even if you recycle, the containers are still energy-intensive to mine, produce and recycle.
8. It has no nutritional value. A 20-ounce bottle of cola contains nearly 250 calories, but take a look at the label and you'll see that it has virtually no vitamins or minerals. It is, however, full of sugar and caffeine.
9. It's bad for your bones and teeth. According to a recent Tufts University study, women who drank three 12-ounce colas a day had 5 percent less bone density than women who drink less than a serving a day. The phosphoric acid in soda prevents calcium from being absorbed by the body. Soda also is damaging for teeth. A 2006 study published in *General Dentistry* reported the citric and/or phosphoric acid in soft drinks can be harmful and corrosive to a healthy smile.
10. It can increase your risk of cancer. Although still controversial, a 2006 study from Sweden's Karolinska Institutet found that subjects who drank high quantities of fizzy or syrup-based soft drinks twice a day or more ran a 90 percent higher risk of developing pancreatic cancer than those who never drank them.

Source: *Diabetes Wellness News*, April 2009; Volume 15: No 4.