

Nov. 22-28 is GERD Awareness Week; Occasional Episodes are Normal

By Lindy Taylor, MD

I doubt it is coincidence that the week that recognizes indigestion coincidentally collides with Thanksgiving.

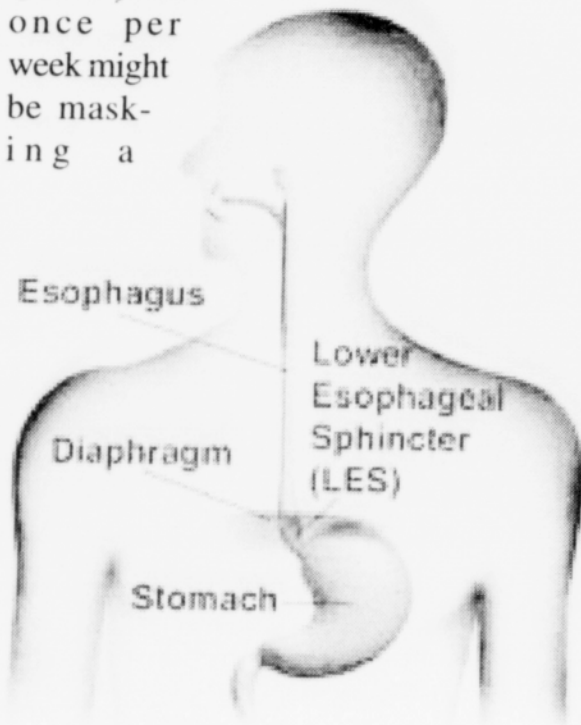
The process of eating is supposed to be a one-way flow from your mouth down your esophagus to your stomach and then into the intestines. GERD (Gastro-Esophageal-Reflux Disease) is a disorder where this one-way flow is reversed, causing contents from your stomach to move back (reflux) into your esophagus and mouth.

Although it's normal for all of us to experience this occasionally, it's not normal to experience this on a regular basis. The most common symptoms of GERD are heartburn and a sour taste in the mouth. It also can cause difficulty swallowing, a sore throat, voice hoarseness, belching and chest pain.

If you experience heartburn less than once per week, it's most likely because of your eating habits and can be fixed by

eating less spicy and fatty foods, avoiding alcohol and watching your food portions. Over-the-counter aids like Tums and Rolaids are sufficient at helping the occasional bout of heartburn.

Those suffering symptoms more frequently than once per week might be masking a



more serious condition by taking antacids. Antacids may cut back on your symptoms, but are not effective at curing the root of your problem – too much acid in your esophagus.

The long-term effects of this displaced acid can cause serious erosions or ulcerations in your esophagus or a precancerous condition called Barrett's Esophagitis.

GERD is a common disorder that can be greatly alleviated by dietary measures and/or medications given to you by your doctor. It affects both adults and children.

GERD must be diagnosed by a medical provider and may require a special test that looks at your stomach lining. It can be caused by certain medications or foods, but also can be caused by a physical defect in the valve responsible for keeping food in the stomach (LES).

Dietary Tips for GERD

- Don't lie down for 2-3 hours after eating.

- Eat more frequent, smaller meals.
- Avoid fatty food, onions and chocolate.
- Avoid coffee, tea and cola products.
- Avoid acidic foods like tomatoes and citrus fruit and drinks.
- Experiment with the foods you eat to see what makes your symptoms worse.

Medications for GERD

Several over-the-counter and prescription medications are available for the treatment of GERD. They are generally inexpensive since they have been available for years and many are generic.

Many are now available over the counter, but it is not advised to diagnose yourself and start taking them without seeing a medical provider. Please call the clinic at 541-444-1030 or 800-648-0449 to schedule an appointment.

Additional help can be found by calling the IFFGD Heartburn Helpline at 888-964-2001.

VisionMaker Film Festival Features Native-made Documentaries

Also included are videos produced by Native youth

The third biennial VisionMaker Film Festival, titled "Elder Voices, Youth Choices," will be held through Nov. 5 with screenings at the University of Nebraska-Lincoln's Mary Riepma Ross Media Arts Center and Sheldon Art Museum. The Nebraska State Penitentiary also will host a screening.

The VisionMaker Film Festival showcases Native-produced audio, film and video projects that often don't get the spotlight they deserve in a crowded entertainment market.

The theme "Elder Voices, Youth Choices" reflects Natives' tradition of respect for elders, who pass on cultural knowledge to the youth in their communities. Today, however, youth have more tools to tell their own stories – tools such as cell phones and inexpensive video cameras.

The VisionMaker Film Festival features a range of generations, including the story of young Navajo activists bringing renewable energy to their reservations and

the story of Native Alaskans fighting for their civil rights in the 1940s.

NAPT also will host a new short-form video competition for high school students and young adults. The winning videos will be featured online at www.nativetelecom.org/visionmakervideocontest.

At the Nebraska State Penitentiary, inmates and visitors will be invited to view *Video Letters From Prison*, which follows three young Lakota girls from the Pine Ridge Reservation as they form a tentative relationship with their incarcerated father through the exchange of video letters. Producer Milt Lee (Cheyenne River Sioux) will speak about the film with viewers at the prison.

Films screening at the Mary Riepma Ross Media Arts Center include *For the Rights of All: Ending Jim Crow in Alaska*, *Jim Thorpe: The World's Greatest Athlete*, *Mohawk Journey*, *River of Renewal* and *Power Paths*. The Sheldon Art Museum will feature *The Last Conquistador*.

On the NAPT website, viewers can watch Reel Native films, made by Native filmmakers in conjunction with the PBS series *We Shall Remain*. For more information on these films, go to www.nativetelecom.org/festival.

NAPT assembled a curatorial team of nationally recognized media makers to help shape the festival, including Chris Eyre (Cheyenne/Arapaho), award-winning independent filmmaker, director and producer; N. Bird Runningwater (Cheyenne/Mescalero Apache), associate director of Native American and Indigenous programs for the Sundance Institute; Danny Lee Ladely, director of the Mary Riepma Ross Media Arts Center; Dustin Owl Johnson (Saginaw Chippewa) coordinator for Native American and Indigenous programs for the Sundance Institute; and Shirley K. Sneve (Rosebud Sioux), executive director of NAPT.

The VisionMaker Film Festival is a partnership with the Nebraska Humanities

Council, Nebraska Arts Council, Lincoln Journal Star, Mary Riepma Ross Media Arts Center and the Sheldon Art Museum.

Festival website with trailers, and schedule: www.nativetelecom.org/festival.

Native American Public Telecommunications (NAPT) shares Native stories with the world by supporting the creation, promotion and distribution of Native media.

NAPT's other fall 2009 offerings include *To Brooklyn and Back: A Mohawk Journey*, *For the Rights of All: Ending Jim Crow in Alaska*, *River of Renewal* and *Power Paths* on Independent Lens.

Other NAPT services include AIROS.org, which features streaming and downloadable audio stories, and VisionMaker Video, a distributor of *Jim Thorpe, The World's Greatest Athlete* and other documentaries by and about American Indians.

For more information, visit: www.nativetelecom.org.

Apply Now for Myra Sadker Student and Teacher Awards

The Myra Sadker Foundation is a non-profit organization dedicated to promoting equity in and beyond schools. By working to eliminate gender bias, the foundation enhances the academic, psychological, economic and physical potential of America's children.

The foundation supports educational equity efforts for students and teachers to advance social justice. Myra Sadker was a pioneer in creating fair classrooms for all students. These awards build upon her work.

- Teacher awards fund a lesson, unit or project that promotes fairness and human dignity.
- Student awards fund projects or activities proposed by students of any age that promote the goals of the Myra Sadker Foundation.

- Undergraduate scholarships are designed to attract and reward students who plan to teach and are committed to educational equity.
- Dissertation awards designed to financially support doctoral-level dissertations that explore or promote educational equity.

Deadlines

Undergraduate Scholarship and Dissertation Awards:

Deadline for submission: Dec. 1

Award announcements: March 5

Teacher and Student Awards are considered and distributed throughout the year.

Teacher Award

Designed to promote and support teacher projects (K-12) that help students

learn about and respect group differences, promote fairness and in other ways build upon the values and contributions of Myra Sadker's work. Each project should have a gender dimension. Awards range from \$1,000 to \$2,000.

Student Award

Designed to encourage student ideas, activities and projects (K-12) that promote respect for group differences, fairness and in other ways build upon the values and contributions of Myra Sadker's work. Each project should have a gender dimension. Awards range from \$100 to \$1,000.

Undergraduate Scholarship

Designed to attract and reward undergraduate students who promote educational equity. Undergraduate students who are enrolled in teacher preparation

are invited to apply. Scholarships will be awarded based on student commitment to fairness and history of advocating for the rights of all people, with particular attention to gender issues. Awards are typically \$2,000 a year.

Doctoral Dissertation Award

Designed to promote and support graduate students engaged in educational equity research. Doctoral-level dissertations that explore or promote educational equity and fairness based on gender, race, ethnicity, religion, class, sexual orientation or other such variables will be considered for support. Each dissertation should have a gender dimension. Awards are \$2,000 a year.

For more information, visit www.sadker.org/awards.html; call 520-297-2319; or e-mail dsadker@gmail.com.