

What to expect when you're approved for hearing aids through Contract Health Services (CHS)

You will be referred to Costco for hearing aids. Costco hearing aids cost 50-60 percent less than other providers with equal quality.

Your CHS team will help you obtain a Costco membership and help with transportation barriers.

We look forward to working with you.

Change in Siletz Clinic check-in times

The Siletz Clinic asks all patients with appointments to check in 15 minutes prior to your scheduled appointment time. This allows for any necessary paperwork to be completed prior to your appointment with your provider. Thank you!

Siletz Clinic implements new No-Show Policy for patients

The Siletz Community Health Clinic has a new No-Show Policy. The policy is in effect as of Feb. 17, 2017.

When does a no-show happen?

A no-show happens when a patient does one of the following:

- Does not arrive to his or her appointment
- Cancels the appointment with less than 24 hours' notice
- Checks in more than 10 minutes after the scheduled appointment, which results in the provider not being able to see the patient

Who is impacted when a patient doesn't show up for an appointment?

- The health and all treatment for the "no-show" patient is impacted
- The health and all treatment of another patient who could have been seen in the appointment slot
- Waiting times and subsequent treatment for the rest of the patients on the schedule for the day

- The providers' limited time and resources are wasted because they prepared for an appointment that did not happen

What happens if a patient is a no-show?

Medical, Lab and Radiology Services

First No-Show – After the first no-show, the patient will receive a letter and a copy of the policy for review.

Second No-Show – Patient will receive a letter providing notice about the two no-show appointments and their requirement to utilize the Walk-In Clinic for medical appointments. The Walk-In Clinic is available first-come, first-serve.

Patient will be required to utilize the walk-in clinic for 90 days, after which patient will be able to return to scheduling appointments.

Third No-Show – Patient will receive a letter providing notice about the three no-show appointments and their requirement to utilize the Walk-In Clinic for medical appointments. The Walk-In Clinic is available first-come, first-serve.

Patient will be required to utilize the walk-in clinic for 180 days, after which patient will be able to return to scheduling appointments.

Dental and Optometry Services

First No-Show – Patient will receive a letter providing notice about the no-show appointment and their requirement to utilize the department's Walk-In Clinic for appointments. Walk-in availability is first-come, first-serve.

Patient will be required to utilize the Walk-In Clinic for six months, after which patient will be able to return to scheduling appointments.

How to avoid getting a no-show!

- Confirm the appointment.
- Arrive 10-15 minutes early.
- Give a minimum 24 hours' notice when canceling appointments

You can pick up a copy of the new policy at the Siletz Clinic or download it from the Tribal website – ctsi.nsn.us.

Can nutrition reduce or prevent chronic pain?

By Nancy Ludwig, MS, RDN, LD,
Siletz Tribal Head Start Nutrition

As part of my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families. While I was recently reviewing the role of nutrition in pain prevention and possible treatment, I once again was encouraged to note that these are, in fact, the same principles demonstrated when embracing traditional foods (and nutritional equivalents).

Pain is a symptom that signals a need. There is a root cause behind pain (or many contributing factors). Granted, there are times when pain intensity and timing warrant medications. The purpose of this article is to focus on the possible role(s) of nutrition as it relates to pain and pain management or prevention. Nutrition can influence both acute and chronic pain. The benefit may be greatest, however, for chronic pain.

Optimal nutrition lays the foundation for pain prevention. This does not mean that when we trip and fall we will not feel pain. It does, however, mean that our innate healing and resilience will likely occur more quickly.

Additionally, and perhaps most significantly, attention to nutrition and its role in the inflammatory pathways can ease pain associated with chronic illness.

Most chronic illness has, at its foundation, some form of inflammation. Examples include diabetes, high blood pressure, high cholesterol levels, cardiovascular disease, obesity, depression, Alzheimer's disease, Parkinson's disease, cancer, asthma, arthritis (osteo and rheumatoid), fibromyalgia, Crohn's disease and more.

Dietary fat plays a key role in inflammation, which is linked to pain and chronic illness. The types and quality of dietary fats can either increase or decrease

the inflammatory response (also called the balance of pro- vs. anti-inflammatory load). The science can get overwhelming quickly, yet the basic principles do not require scientific knowledge.

Fats and oils are healthiest when fresh or carefully stored away from heat and air. Rancid smell is a sign that fat is no longer healthy. Quality fats also mean "clean" fats since harmful environmental chemicals can be stored in fat. When we consume animal foods that were exposed to environmental toxins, we also ingest those stored toxins (primarily in the fat).

There appears to be no clear agreement around "how much" fat we need. There is a great deal of information about "which types" of fat to eat. Yet, I don't believe that there is enough emphasis on the importance of "quality fats."

Historically, traditional diets have varied in total fat intake. Often, amount is determined by climate. Colder climates, such as in the arctic, require higher fat content.

The Salish Food Mound, encompassing the Siletz region, as described by Drs. Korn and Ryser, comprises 33 percent leafy greens, berries and fruits; 45 percent meat, fish and fowl; 20 percent fats and fish oils; and 2 percent roots and sweets. Because the traditional diet is not very starchy and leaves are not very filling, the caloric needs are met primarily through proteins and fats.

Fats and oils are vital in nutrition. While total amount is important, our primary focus in this feature is about choosing healthy fats and attention to fat quality.

Traditional sources of healthy fats include bear fat, crab, herring, fish eggs, nuts and seeds, halibut, oolichan, salmon oil, seal oil and whale oil. Many of these sources have become rare or impossible to get.

Oolichan (smelt) oil is one of the most important foods of the Salish people. The

decline of oolichan has been a great concern. It is not only a favored condiment for dipping foods and binding dried fish or berry cakes for winter food, it is also very healing for the skin.

Oolichan oil is very high in DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid), which are used to treat diabetes, depression, post-traumatic stress disorder, addictions, auto-immune diseases, learning disorders and chronic pain.

Essential fatty acids, referred to as omega 3 and 6, are important for health and are derived from fish, meats, nuts and seeds such as flax oil, evening primrose oil, borage oil, black currant, and cattail. The term essential means that we can only get it by consuming it. Our bodies cannot make them from other fats.

EPA and DHA are two types of omega 3s. While omega 6s are also essential, most Americans get too much. It is probably best to focus on cold-water fish for omega 3 fatty acids.

In addition to our need for healthy fats and essential fatty acids to prevent inflammation and pain, other nutrients can be identified. Correcting nutrient deficiencies can also help reduce pain. Key nutrients include magnesium and vitamin C as well as phytonutrients found in colorful fruits and vegetables. Again, these nutrients are consistent with traditional diets.

Attention to carbohydrate quality also addresses pain because carbohydrate foods influence the inflammatory process. There is a correlation between post-prandial glucose concentration (blood sugar after a meal), oxidant stress and inflammation.

Fiber in the diet slows absorption time of sugars and helps to optimize glucose metabolism, which avoids a high glycemic load and an insulin-driven rise in C-reactive protein (CRP), an inflammatory marker. Some types of fiber act as

prebiotics and support gut health (microbiome). The nutrition focus is on minimally processed high fiber carbohydrates while limiting total intake to minimize the inflammatory response.

What can we do nutritionally to prevent or reduce pain? Place a pain-relieving, anti-inflammatory diet on the menu to help reduce or avoid chronic pain. Eat clean fats from wild and/or sustainable, organically raised foods.

Focus on uncontaminated, cold-water fish. Include leafy greens and a variety of fruits and non-starchy vegetables in your diet. Embrace traditional foods and their nutritional equivalents, support health at the deepest level.

As the Head Start consultant nutritionist, I am available to support families by discussing nutrition related concerns via telephone. There is no charge for Head Start families.

Resources

Preventing & Treating Diabetes Naturally The Native Way by Leslie E. Korn, Ph.D., MPH and Rudolph C. Ryser, Ph.D., DayKeeper Press, Olympia, WA, 2009

Feeding the People Feeding the Spirit – Revitalizing Northwest Coastal Indian Food Culture, by Elise Krohn, Valerie Segrest and the Northwest Indian College, 2010

Plants That We Eat – From the traditional wisdom of the Inupait Elders of Northwest Alaska by Anore Jones, University of Alaska Press, 2010

O'Keefe JH, Gheewala NM, O'Keefe JO. *Dietary strategies for improving post-prandial glucose, lipids, inflammation, and cardiovascular health*. J Am Coll Cardiol. 2008;51(3):249-255. doi:10.1016/j.jacc.2007.10.016

Galland L. *Diet and inflammation*. Nutr Clin Pract. 2010;25(6):634-40. doi:10.1177/0884533610385703