

Health Department



Understanding **ANXIETY** Class

January 5, 2023 6pm-7:30pm

Would you like to better understand anxiety and learn about different ways to cope with this all too common issue? Whether you are working on healing yourself or helping a loved one, your tribal community welcomes you to join a relaxed and judgement-free setting here at the CTSI Eugene Area Office.

Our presenter, Ro Zientara, LPC (Mental Health Clinical Supervisor & Therapist) will share on this topic and explain options for managing anxiety as we take our first steps into a fresh new year.

A light meal and snacks will be provided for those who are able to attend in person and a link will be provided for those who wish to attend virtually.

Please contact Jamie Boe, Community Health Advocate, to sign up for this class no later than January 3, 2023.

Call 541-484-4234 ext.1753 or email JamieBoe@ctsi.nsn.us

Sponsored by:

CTSI Community Health Dept.

&

CTSI Behavioral Health Dept.

National Glaucoma Awareness Month

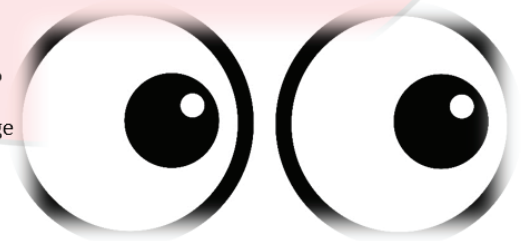
Glaucoma is a group of eye diseases that primarily affects middle-aged and elderly populations, although it can affect people of all ages. More than 3 million people in the United States have glaucoma. This number could increase to 4.2 million by 2030. Glaucoma has almost no symptoms, so as much as 40% of vision can be lost without noticing. Damage to the optic nerve, which is responsible for carrying images from the eye to the brain, is what causes glaucoma. Although there is no cure for glaucoma, medication or surgery can slow or even prevent further vision loss. Early detection is key, so be sure to get regular eye exams.

Risk Factors for Glaucoma

- Native Americans have a higher incidence of normal-tension glaucoma (NTG) than white patients
- People of African, Latino, and Asian descent
- People over the age of 60
- People who have family members with glaucoma
- Diabetes
- People with severe nearsightedness

How often should I get my eyes examined?

- Infants: First exam at 6 months of age
- Children: Every 2 years
- Ages 20 to 39: Every 5 years
- Ages 40 to 54: Every 2 to 4 years
- Ages 55 to 64: Every 1 to 3 years



KNOW THE SIGNS OF AN OVERDOSE:

- Not breathing, or breathing is very slow
- Turning pale, blue, or gray; especially lips or fingernails
- Making snoring, gurgling or choking sounds
- Become limp
- Throwing up
- Not responding to yelling or other stimulation
- Pin point pupils

IF THERE ARE SIGNS OF AN OVERDOSE:

- Call 911!
- There may be complications that need medical attention
- Person may have overdosed on something besides heroin or other opiates
- Emergency medical services are critical

START RESCUE BREATHING

If trained, give CPR or do rescue breathing

- Check mouth for food or other visible obstruction
- If clear, tilt chin, pinch nose and give 1 breath every 5 seconds
- Continue for 30 seconds

Naloxone Distribution and HIV & Hep C Testing Event

January 20 from 12-3pm

The Harm Reduction Program will hold a Naloxone distribution and HIV & Hep C testing event in the lobby of the Siletz Clinic
200 Gwee Shut Road.
Siletz OR 97380

Naloxone saves lives, so come join us and get a Narcan Kit and information on how to use it.

Coffee and donuts will be available for anyone who comes to get tested or grab a Naloxone Kit.



NO JUDGEMENT, NO SHAMING, NO PREACHING, JUST LOVE!

(800) 484-3731

If you are going to use by yourself, call us! You will be asked for your first name, location, and the number you are calling from. An operator will stay on the line with you while you use. If you stop responding after using, the operator will notify emergency services of an "unresponsive person" at your location.

