



## CONTRACT HEALTH NEWS UPDATE

**Tribal Council Resolution No. 88-02 sets the age of tribal elder to age 55.**

**Effective June 1, 1994 all elders age 55 and over are eligible for one pair of glasses a year. If CHS has not paid for a pair in the last year for you, call and set up an appointment with Chemawa IHS, (503) 399-5931 or 1-800-452-7823, if you live within the twenty-five mile radius. You may use a provider of your choice if you live outside the twenty-five mile radius.**

**Please remember the limit on frames is \$70.00. If you choose to pay for additional charges you may. Remember, no tint unless prescribed by your physician.**

**Please call Ronda, Dorene or Shannon if you have any questions.**

**ALL APPOINTMENTS MUST BE CALLED INTO CHS FOR APPROVAL.**

**1-800-628-5720  
or  
(503) 444-1236**

## EASY ACCESS TO IMMUNIZATIONS

On May 14 the Siletz Community Health Clinic held a free immunization clinic in conjunction with Oregon Public Broadcasting's Immunize Now Campaign. Free clinics were held across the state of Oregon in an effort to increase the number of children adequately immunized. The clinic held in Siletz was a success! Fourteen children were immunized with 24 vaccinations. This is just the start of the Siletz Community Health Clinic's effort to improve the immunization status of children in our community.

By the year 2000 the Public Health Service has set a national health goal to have 90% of preschool children immunized against Diphtheria, Tetanus, Pertussis, Poliomyelitis, Measles, Mumps, Rubella, Haemophilus influenza (causes meningitis) and Hepatitis B. Current data suggests that nationally only 60% of children are up-to-date with their primary recommended immunizations by their second birthday. This means that 30% of our young children are at risk for life-threatening illness.

The Siletz Community Health Clinic wants to make it easy for any child in our community to get the standard pediatric immunizations. Currently we are encouraging parents with children under age

two to register their child as a new patient at the Clinic. As an incentive to register, we are offering one free well child visit for the child with Dr. Leman or Ellen Potter, FNP. This will enable us to track your child's immunizations on the computer and send reminder letters when they are due. Look for the coupon below or mention this offer to our receptionist for more information. This service has been made possible by a grant from the federal government with the purpose of increasing the number of children under age two that are immunized in our community.

We also offer immunizations to older children who are not patients at the Siletz Community Health Clinic. This can be done by scheduling an appointment with the nurse or on a walk-in basis (although you may have to wait a little longer). Our standard fee per vaccination is \$8.00, but if money is a problem we will waive this fee. This service is available during regularly scheduled clinic hours. Please remember to bring your child's immunization record so that we can update it and tell which immunizations are due. For more information please contact Kathy Heinen, RN at 444-1030 or 1-800-648-0449.

## What Is Swimmer's Ear?

In summer, many swimming enthusiasts suffer from a painful bacterial infection of the external ear canal, known as "swimmer's ear." It results from changes in the chemistry of the ear, allowing bacterial to overgrow, explains Dr. M. Deborah Lonzer, M.D., a pediatrician in Cleveland, Ohio. Symptoms include swelling and severe pain, especially with movement.

If an ear does become infected, visit a doctor who can clean it and prescribe antibiotic drops. To prevent swimmer's ear, place a few drops of a mixture of equal parts of alcohol and vinegar in each ear after swimming.

## PATIENT REGISTRATION

*By Rose Bremner  
Health Clerk*

When registering at the Siletz Health Clinic for services, please remember to bring:

- 1) Indian Certification
- 2) Birth Certificate (if dependent of enrolled Indian)
- 3) Name changes requires copy of legal document.

## OREGON HEALTH PLAN

### Information for Native Americans

Are you enrolled in The Oregon Health Plan? If you are presently enrolled, have you notified your case worker of your Native American Heritage? Did you know that Native Americans are not required to choose a pre-paid Health Plan or primary care case manager? This means you may continue receiving medical and dental care at any IHS clinic or a clinic in your area that accepts the Oregon Health Plan ID Card. For more information call 1-800-359-9517.



Good for one free well child check for a newly registered patient under age two at the Siletz Clinic through May 1995

## Tooth Talk

By Linda Kreutzer, RDH  
Siletz Community Health Clinic

## Basic Brushing

Toothbrushing! How Boring! Ah, contrary. Good daily brushing can keep you out of the dentist chair. Have you ever been bored at the dentist?

Proper technique takes time and patience, but the end result is well worth the effort. Here are some easy tips to make your toothbrushing work for you:

1. DON'T RUSH! Brush all inner and outer surfaces of all teeth. Everyday. Keep the bristles angled against the gumline, with gentle, even pressure.
2. DO use a SOFT toothbrush. It's hard to believe that a soft toothbrush actually cleans plaque from teeth better than a hard brush. Hard bristles can cause receding gums, leading to tooth sensitivity.
3. Remember to brush your tongue too. Think of the tongue as a 'shag' carpet, collecting germs and bacteria. It sure helps to keep your breath fresh too.
4. Do replace your toothbrush every 3-4 months. A worn toothbrush can't do the job that a new toothbrush could do, and an old toothbrush can injure your gums.
5. DON'T SCRUB! Better to brush using small circles. Remember your using a toothbrush not a scrub brush.
6. Brush your teeth at least twice a day.
7. Always use a tooth paste with a fluoride. Children should clean their teeth with a pea-size amount of fluoride toothpaste after every meal and at bedtime.

Toothbrushing doesn't have to be boring. A few minutes twice a day can do wonders at keeping your teeth and gums healthy and free from tooth decay and gum disease