

Community Health Education Team news: High blood pressure



Consistently high blood pressure-hypertension-is a common problem and is considered a major cause of stroke and heart disease. Although the disease is more common in men than women overall, the numbers balance out with age because women tend to live longer. Hypertension is not a unitary condition with a single cause but seems to result from combination of environmental influences in people who are genetically susceptible. There are two basic forms: primary and secondary. Primary hypertension accounts for the vast majority of cases, arises on its own without any underlying disease or disorder. In contrast, secondary (or organic) hypertension results

from some preexisting condition, i.e., diabetes, chronic, smokers, obesity. Blood pressure is affected by many factors, some of which are long-standing-such as the pumping power of the heart or the resistance (elasticity and smoothness) of the arteries. But many more transient factors can also account for blood pressure changes: time of day, medications, or current level of emotional stress (including the stress of having one's blood pressure measured!) Only a consistently high reading-measured in at least two different settings by competent clinicians with accurate equipment-is enough to justify a diagnosis of hypertension. The diagnosis of hypertension is not something to be made lightly, since it may result in a lifetime of medication.

How is the condition evaluated? If you have elevated blood pressure on two separate occasions, it is a good idea to do a thorough physical examination to determine the extent of damage to the arteries, if any. Part of this examination will include a detailed family history of hypertension, hormonal abnormalities, and kidney disease, as well as a search for risk factors for heart disease. Various blood and urine tests (in-

cluding a complete blood count and urinalysis) will also be performed to check the levels of glucose, cholesterol, triglycerides, uric acid, calcium, blood urea nitrogen and creatinine. Some times an electrocardiogram will be done to evaluate heart rhythm. An ultrasound image can also indirectly give information about the effects of hypertension on the heart muscle.

How is high blood pressure treated?

Mild to moderate hypertension can often be controlled without resorting to medications. For example, weight reduction in an overweight individual is often enough to bring blood pressure down to normal. If you are one of those individuals with suspected or known hypertension you may find it helpful to purchase a blood pressure cuff to monitor your blood pressure at home. This allows for a more accurate assessment of average blood pressure than can be obtained with occasional readings done in the doctor's office. Simple equipment (a sphygmomanometer) is easy to use by the individual or with the help of a family member. When lifestyle changes are unable to control hypertension a clinician will often prescribe one of several medications.

Sampson employed as Treatment Facilitator



Alice Sampson

Warm Springs tribal member Alice Sampson was selected as the Treatment Facilitator of NARA. The job was offered to her by the Director of NARA, who was confident in her work and knew she could fill the position.

Sampson worked part-time at NARA when she was attending college. She returned to Warm Springs to work at the Community Counseling Center and had plans to continue her education and receive her master degree. Her plans fell apart and since she is a strong believer in signs she waited to see which direction she was intended for.

Sampson was a co-worker to the former Treatment Facilitator and learned was taught by her.

Sampson was employed at the Community Counseling Center for many years and decided she would attend college. She was placed on education leave and enrolled in college at Lewis & Clark. She received her Bachelors degree and returned to Warm Springs to continue

her work at the Community Counseling Center where she was a counselor.

She is staying at her sister's house while at work, because her family is still here in Warm Springs. Her sister is employed at NARA. She travels back to Warm Springs on the weekends to see them. She considers Warm Springs her permanent home, but she is looking into finding a home near her work.

NARA is a facility located north of Portland along Highway 30. It is an IHS facility funded by federal and state grants.

It is an inpatient facility which hosts up to fifty clients at a time, including families, single parents, and women who are pregnant.

NARA has a child care program for infants and children while parents are attending their full-day of treatment program activities.

There is also an outpatient facility in the Portland area for clients to stay in while continuing their treatment programs after their 28-day treatment program at NARA.

31st Annual Pi-Ume-Sha Treaty Days Powwow

Warm Springs, OR, June 23, 24, 25, 2000

Home of the

Individual & Team Dance Championship

Over \$18,000 in contest pay out

Registration books open

Friday, June 23

7-11 year old boys and girls open dance contest

Kussa Round Dance and Ol' Warriors War Dance

Boys and Girls, 12-16 years, 1st-5th place awards

Open Women and Men Team Dance, 3 per team, 1st-4th awards

Men War Dance, Fancy Dance, Grass Dance, 17 years & older, 1st-5th place awards

Women War Dance, Fancy Dance, Jingle Dance, 17 years & older, 1st-5th place awards



Grand Entry:

Friday at 7:00 p.m.

Saturday at 1:00 p.m. & 7:00 p.m.

Sunday at 2:00 p.m.

For powwow information call Isaac Mitchell, Committee Chair at his cell # 541-410-8826.

For vendor information call Cassie Katchia at 541-553-2128. No alcohol beverages or drugs allowed. Pi-Ume-Sha Treaty Days committee is not responsible for damages, injuries or thefts.

Surgeon General calls for action on HIV/AIDS crisis

by Dr. David Satcher

Assistant Secretary for Health & U.S. Surgeon General

In the past century, America has slowly begun to learn from her American Indian and Alaskan Native (AI/AN) communities about the age-old understanding of the sanctity of human life and the importance of building strong community relationships and alliances. The endurance and perseverance of tribal communities have fostered a well-earned sense of political power and self-reliance. Though there once were millions of aboriginal inhabitants on the land that now constitutes the United States, today the American Indian and Alaska Native populations have been reduced to less than 2.5 million. We, as a community of Americans, cannot afford to lose more lives or cultural riches from American Indian and Alaska Native cultures. HIV/AIDS is a significant threat to these communities that we must address.

We are faced with a growing HIV/AIDS epidemic in communities that often goes unreported. HIV infection case data reported in 33 states indicate that American Indians and Alaska Natives comprise .6% of all new HIV infections when they only represent .7% of the U.S. population. This statistic represents an alarming reality for the future of American Indian and Alaska Native communities. We must work together to prevent the further spread of HIV/AIDS in these communities that are already at tremendous risk due to undercounting, under-reporting and the high risk mix of other sexually

transmitted diseases (STDs), drug use, and alcoholism. American Indians and Alaska Natives are facing a health crisis that will continue to grow disproportionately unless these communities take action.

We, in the Federal government, hear, understand and clearly recognize the total impact of HIV in the community. In order to respond to the concern about undercounting and under-reporting the epidemic, the Indian Health Service (IHS) and the Centers for Disease Control (CDC) have been working with community-based organizations to improve prevention and surveillance. It is vital that we all work together. We need people to challenge the community by working with groups that have already walked the path and with community members who have taken the steps in addressing the rising epidemic.

Many tribal nations and local community-based organizations are working to prevent HIV/AIDS and are providing care to those living with the disease. There are many examples of effective outreach to help guide the way. The First Annual Southeastern Regional Native American HIV/AIDS, STD, Drug and Alcohol Abuse Conference *Changing Winds: A Vision of Hope* hosted by the Catawba Indian Nation and other groups, is evidence of exciting and encouraging work within the American Indian and Alaska Native communities. This first ever Tribal conference east of the Mississippi on HIV/AIDS brought together leadership from 21 tribes to

promote unity, ease stigmas, provide skills and foster motivation within tribal communities while arming participants with knowledge, spiritual support and compassion. For information about this conference and/or the Catawba Indian Nation, call 803-366-4792.

The National Native American AIDS Prevention Center (NNAAPC) offers HIV case management services through the Native Care Network, a collaborative effort between NNAAPC, the Ahalaya Native Care Project, Inc. and six Native American organizations. In addition, NNAAPC provides capacity-building assistance to support HIV prevention projects. Visit this organization online at <http://www.nnaapc.org>, or by phone at 1-510-444-2051. The *Ogichidag Gikinoamaagad Players*, an education program of the Minnesota American Indian AIDS Task Force (email: MAIATF@aol.com), is a group of young Native actors dedicated to HIV/AIDS education through story telling, drama, and dance. In Colorado, *Only One* (wenakuo@juno.com, or phone: 1-303-939-9021) provides training to spiritual elders to enhance community efforts to fight HIV/AIDS. These organizations along with the National AIDS Hotline (1-800-342-AIDS) are anxious to assist you. I encourage you to contact them.

As we endeavor to better track the path of HIV/AIDS in American Indian and Alaska Native communities, the stakes continue to rise and HIV/

AIDS continue to take its deadly toll. I must agree with a Changing Winds participant: "With few numbers, the threat that HIV poses to the Native American community is incalculable. It is imperative that we intercede before HIV wrecks upon our community the same devastation that we witnessed with small pox and TB. Only a concerted effort on all parts will assure our survival." These powerful words speak a powerful truth. We have an opportunity to prevent the disproportionate impact of HIV/AIDS due to the coexisting factors of undercounting and high-risk behaviors. Let us together educate, motivate and mobilize against HIV/AIDS.

Fellowship deadline is Sept. 1, 2000

The Oregon Arts Commission serves to honor and support professional Oregon artists. All Warm Springs artists involved in any form of art including literature and the performing arts are eligible to apply for fellowships of \$3,000 from the Commission. Applications must be postmarked by September 1. You may pick up details on how to obtain an application at The Museum At Warm Springs office from Mary at 553-3331 or check out the Oregon Arts Commission web site at http://art.econ.state.or.us.

Collector buys old Indian items: baskets, beadwork or anything. I pay top dollar. I can be reached at (503) 297-2353.

Happy Birthday to my lil Bro Alex Williams Your sis Ellie



To our baby brother "Baby Moses"

We love you and have fun at your birthday party. Love, Nikki & Kari

Happy Birthday to the sweetest man I've ever met. I love you. You've made a big change in my life. It's been a wonderful year! Love you lots "Son". Happy Birthday Gilbert E. Moses III

From your Mommy, Monica Wahnetah

Henry chosen Employee of mo.

Shawn Henry has been selected Employee of the Month for May at the Warm Springs Coinposite Products. He has been recognized for Safety, Attendance, Attitude, Cooperation and Production.

Camp meeting begins June 12

The Warm Springs Full Gospel Church will be having their annual Camp Meeting June 12 to 18, 2000.

Daily Services
10 a.m. - Hoskie Bryant
2:30 p.m. - Guest pastors
7:00 p.m. - Guest pastors
bring your teepees, testimonies, special songs, instruments
June 17th (all day) will be the dedication of the new church!

For more information call Pastor Ernest Hunt (no collect calls please) (541) 553-6316 or Solomon Stewart co-pastor (541) 553-5913

T-shirts 4 sale

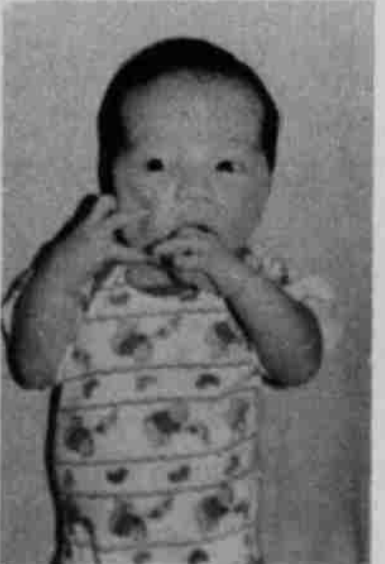
Kalama Family Reunion June 2000 Tee-shirts are now on sale for \$15 each. See Moses Kalama or call 553-1547 for information.

Happy Birthday to teacher Bernie from Chantel Picard Hope I didn't give you a bad time when I was there.

Happy Birthday to Eileen Frank From Ellie & Chantel

Happy Birthday to Batman Smith from Ellie & Chantel

Happy Birthday to my lil Bro Alex Williams Your sis Ellie



The animal vets come to Warm Springs



Spaying or neutering were offered free of charge to Warm Springs pet owners by The Humane Society during their day visit to the reservation.

On Monday May 22, team members from The Humane Society of the United States which according to Tribal Sanitarian Nancy Collins, is making a sweep throughout the Northwest. While in Warm Springs, the team of University veterinarians as well as University students throughout the U.S., occupied the old IHS Clinic building for free spaying, and neutering of household pets. The service was free of charge to any community member of Warm Springs who wanted their dog or cat spayed or neutered. The service included free vaccinations as well. Surgery animals could be as young as 6 weeks old as long as owners withheld food or water the night before.

An estimated 4.7 million people in the United States are bitten by dogs each year. While about 2,500 of these are letters carriers, children are the most common victims of severe dog bites. Dog-bite injuries are a serious problem in our country, but they're a problem we can solve.

Spay or neuter your dog. Dogs who have not been spayed or neutered are three times more likely to bite than

dogs who have been spayed or neutered.

The Humane Society of the United States volunteered their time to assist and provide communities with information about how to be a responsible pet owner and how to end the problem of pet overpopulation. Too many communities have an overload of companion animals. Many dogs and cats aren't wanted anywhere by anybody, so they are treated as disposable items instead of creatures.

Owners abandon pets they are tired of caring for and dump unwanted litters on doorsteps or along the roadsides. The Warm Springs community can help end this tragedy on the reservation by making sure that their pets do not contribute to the overload. That's why The Humane Society would like to encourage everyone to have their pets spayed or neutered by a veterinarian as a responsible pet owner.

While in Warm Springs, a total of 37 household pets (dogs & cats), were spayed or neutered. According to Nancy Collins, two dogs went under arrest and died during the surgery for un-

known reasons.

She stated that the Humane Society will return paper documents of the services they conducted on both the animals. For more information or questions, please call Nancy Collins, at 553-4943.

The Warm Springs Tribal Sanitation Department, would like to thank the following people for making this visit possible starting with The Humane Society volunteers: Sarah Aucion, Maya Bewing, Rachel Boyce, CJ Boyce, Deborah Breitenwischer, Charlie Broadus, Katherine Calder, Kristin Carlsson, Mendi Courville, Harriet Daugherty, Diane Decker, Lori Donley, Becky Glasier, Ken Hellpern, Jennifer Marsden, Julie Maul, Susan Monger DVM, Louie Lembo DVM, Lori Pearlman, Bradley Pikas, Jennifer Saez, Sarah Schwerdt, Deb Taranik, Aleisha Swartz, Sarah Rhodes, Cynthia Cutler, Amy Suarez, Jenae Short, Kathrine South, Warm Springs volunteers include: Delmar Davis, Veronica Russell, Jennifer Russell, Rayann Katchia, Johnny Smith, and Pearl Jack.



Alberta Comedown-Libby would like to announce to the community of Warm Springs, the wedding date of her father.

Albert W. Comedown will unite in marriage to Laura K. Watcheno on June 10th, 2000 at 11 a.m. at the Simnasho Longhouse.

I love you Dad! I want you to be happy! You are a wonderful father & deserve the best life has to offer you.

Norman, I and all of your family and friends will be there for yours & Laura's special day! I look forward to giving Laura a warm welcome to our family!

Love your daughter, Alberta