

From the Clinic

# Doctor's advice on taking NSAIDs

By Dr. Christopher Keane  
Warm Springs Clinic

What is an NSAID? NSAID stands for Non-Steroidal Anti-Inflammatory Drug.

You may know these drugs by names like: ibuprofen (Motrin, Advil), aspirin (Bayer) and naproxen (Aleve). These are NSAIDs that are available over-the-counter.

Other NSAIDs that might be prescribed by health care provider include: meloxicam (Mobic), diclofenac or nabumetone.

NSAIDs are used for:

- 1) Relieving pain
- 2) Reducing fever, and
- 3) Reducing inflammation.

They are some of the most widely used medicines worldwide. They are generally safe medications, but have some possible side effects and can be dangerous if used incorrectly

Some people should avoid taking NSAIDs, including people with kidney disease, ulcers or liver failure.

You should check with your healthcare provider before taking these medicines if you have a chronic medical condition like diabetes, high blood pressure or heart disease, or if you are pregnant

Most NSAIDs can upset the stomach if taken on an empty stomach, and should always be taken with food in the stomach.

They should not be taken with alcoholic beverages. If you take a NSAID, and it upsets your stomach or causes stomach pain, you should stop taking the medicine and let your health care provider know.

You should stick with taking one NSAID at a time. For example, don't take ibuprofen (Motrin) and then take some naproxen (Aleve) as well.

Taking more than one NSAID at a time greatly increases your risk of stomach

or kidney problems.

You should only take the amount that is recommended by the label or your health care provider.

Sometimes people will take more than the recommended dose because they are still having pain, but this also can lead to serious problems.

When used the right way, NSAIDs can be safe and work very well for decreasing short term pain such as from an injury or dental work, or long term pain, such as from arthritis. If you have questions about NSAIDs, ask your healthcare provider or pharmacist.

# Howlak Tichum

Morgan McBride Frank, 1996-2014

Morgan McBride Frank passed over into the arms of our Heavenly Father, on October 3, 2014. He was 18.

Morgan was born at Madras on August 19, 1996, to Felicia Rhoan and Cyril Frank Sr. Morgan

He is survived by his parents, and his brother Eugene "Smokey" Wewa, sister, Teshina Winishut,

brothers Martin and Cyril Frank Jr., and grandfather Elvis "Kool-guy" Frank.

Morgan was preceded in death by his grandmothers, Elizabeth Rhoan and Carol Burke-Frank, Umatilla tribal member, and grand-father, Amiel Rhoan.

Morgan was one of those special people who has left us much too soon.

Indian Business Talk

# Great class for people wanting to start a business

By Bruce Engle  
Loan officer  
W.S. Credit Enterprise

The Community Action Team is offering a new class for people interested in starting a small business.

The class, Indianpreneurship, begins this week, and meets on Tuesdays and Thursdays from 6-8 p.m. at

the Tribal Credit classroom. Classes will meet for five weeks.

Who should attend? That would be you if you are thinking about going into business.

Why? Our goal is to help make your success not just possible; but, probable.

Investors like that. Lenders like that.

You and your family will like that. So will the commu-

nity once you are doing well.

You will have a business plan in hand once you have completed all the class assignments.

Preparation of the plan will involve taking a good look at you as the owner/operator, the market, and lots of items having to do with business operations in general, as well as some that might be specific to your intended busi-

ness.

It is always nice to identify possible problems and work to have them covered before you start up operations. Your instructor team and your business plan will help you to do that.

Call the Community Action Team at 541-553-3148 to reserve a spot in the class. Hope to see you there.

# 9 Oregon tribal flags fly at U of O



Taylor Tupper- Klamath Tribes News Department, and Jack Liu, U of O

Warm Springs Chief Delvis Heath (front) represented Warm Springs at the Oregon Tribes Flags dedication ceremony at the U of O.

Breezes over the EMU amphitheater at the University of Oregon now carry a special message for the Native American students and their families.

In a well-attended ceremony, the flags of all nine of Oregon's tribal nations were raised on those breezes, and will be a daily sign to Native students that they have a home at the university. The flags are also a reminder to others of the significance of the First Peoples, both to the campus and the state.

This was the culmination of a student-run project that has taken more than two years to complete.

The nine new flagpoles form a semicircle around the amphitheater.

# 40 Years of Service



Courtesy Dr. Creelman.

Mariann Smith.

The Indian Health Services staff at the Warm Springs Clinic honored Mariann Smith.

Mariann has worked for the clinic for 40 years, starting back when the clinic was located on the campus.

Mariann also received an award at the annual IHS Directors Award Ceremony in Portland.

The clinic staff congratulated Mariann during their monthly staff meeting.

# W.S. Justice Team meeting

The Confederated Tribes of Warm Springs Justice Team will hold a strategic planning meeting from 9 a.m. to 4 p.m. this Friday, Oct. 17 at Kah-Nee-Ta.

For more information contact Caroline Cruz at 541-

553-3205; or email:

Caroline.cruz@wstribes.org  
At the meeting on Friday, the participants will discuss and decide on priorities, goals and the next steps for the Wamr Springs justice system.

# Save the date: Compensation and Benefits fair in Dec.

The annual Compensation and Benefits Fair is scheduled for December 3-4.

The plan is to hold the fair at the gymnasium at the old elementary school, and at the Kah-Nee-Ta Resort.

Comp and Benefits has invited all of its vendors, including Mattechek and Associates, CTWS Comp and Benefits consultant, RV Kuhn and Milliman for the Retirement Accounts, Health Comp TPA, Allegiance Flex Accounts, Unum Life Insurance, Penser North America and Colonial Life supplemental Insurance.

There will be information packets, refreshments and vendor gifts, as well as a ques-

tion-and-answer session for all employees and supervisors.

"We will provide specific details about our schedule and plans closer to the event," said Elizabeth Sato, Human Resources director.

"Our ultimate goal is to orient all of our tribal government and tribal enterprise employees to their compensation and benefits."

Next to the Warm Springs Market



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