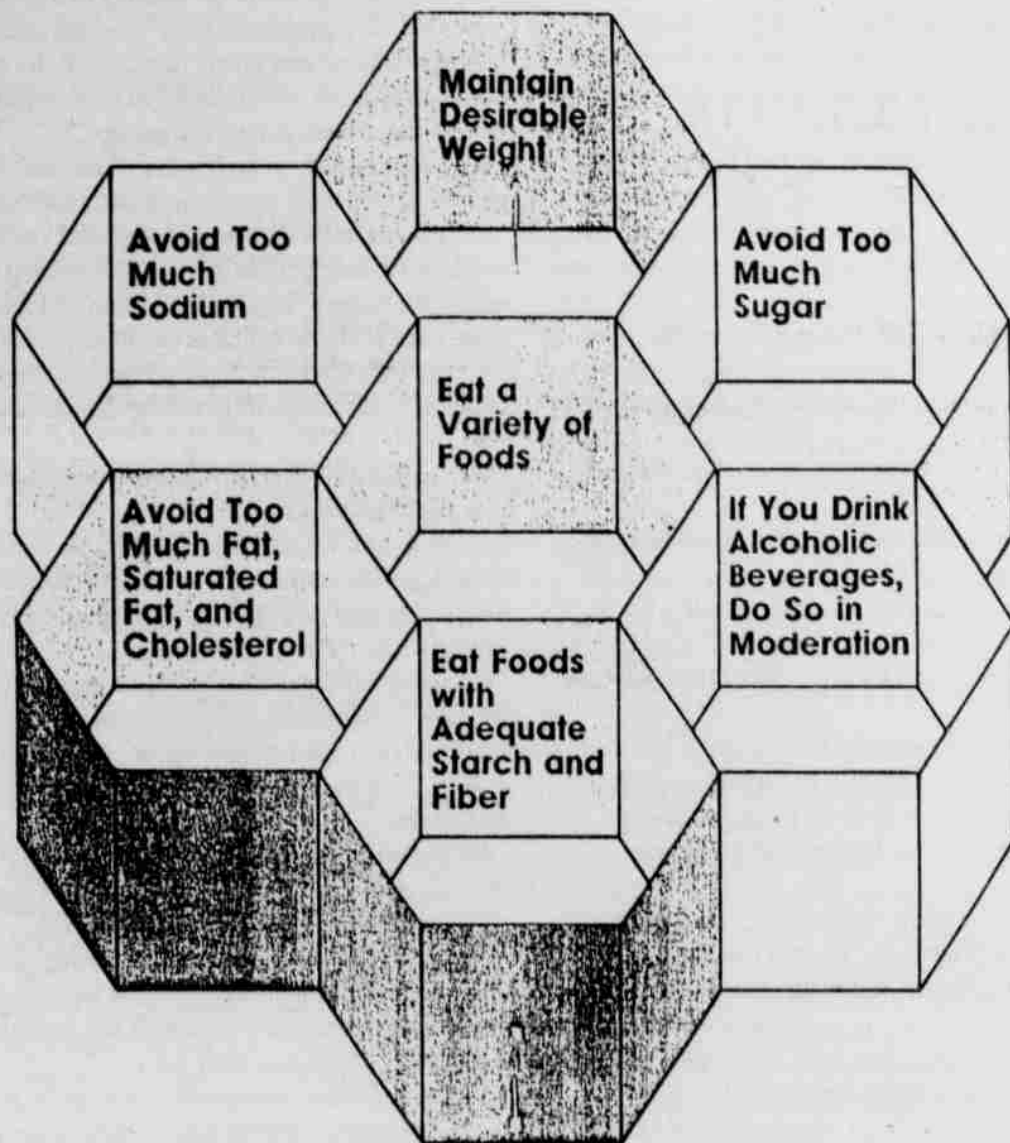


HEALTH



When we neglect our children, we neglect our future

For information about child neglect, write: Northwest Indian Child Welfare Association c/o Regional Research Institute P.O. Box 751 Portland, Oregon 97207



Head Lice

Head lice are one of three forms of lice that can infest humans. They are parasitic wingless insects with mouthparts capable of piercing skin and sucking blood.

Head lice are found on scalp hairs, especially on the back of the neck and around the ears. Their nits (eggs) are glued to individual hairs.

Indicators of head lice are itching and minute bite marks behind the ears and on the scalp, particularly at the back of the neck, and nits attached to the hairs.

Head lice are spread by direct person-to-person contact or indirectly by inanimate objects. Indirect transmission may be by exchange of clothes, combs, bath towels or clothing, (hats, coats) hanging together.

Head lice cannot be washed out with regular shampoo. A physician or pharmacist can recommend medication available for treatment. Success of the treatment will depend upon following directions and disinfecting inanimate objects such as head wear, combs, brushes and bedding.

Inanimate objects are disinfested by changing and laundering bed linens in the hot washing and drying cycles, treating articles of headwear that can withstand hot temperatures in the same manner as bed linens, dry cleaning headwear and bedding that cannot be laundered, thoroughly cleaning combs and brushes to assure that all hairs are removed and destroyed. Soaking these items in a container of 150 degree fahrenheit water for 10 minutes is an effective method of disinfestation. Freezing items which cannot be cleaned can be loosely bagged, preferably in plastic bags and placed in a deep freezer for 48 hours to kill lice and nits.

Infestation of head lice may be avoided by keeping hats and coats on hangers and separate, not sharing combs and brushes, when one member of a group is infested treat promptly, examine all members of the group for signs of infestation.

GETTING THE RIGHT BALANCE

Good nutrition is a balancing act: Choosing foods with enough protein, vitamins, minerals, and fiber, but not too much fat, sodium, sugar, and alcohol. Also, energy (calorie) intake must be balanced with energy expended. The seven Dietary Guidelines, used together, can help you select a healthful diet.

Flu Immunizations

The 1990 Flu Clinic schedule will be included with the regularly scheduled Tribal Clinic. Dates for October are on the 5th, 12th, 19th, and the 26th. Please call and ask for Colleen to make an appointment.

Flu immunizations are advised for:

1. Persons over 65 years of age.
2. Adults or children with chronic disorders of the heart or lungs.
3. Residents of nursing homes and other chronic care facilities.
4. Medical care personnel or family members working with people in the above categories.

Thursday AA Meetings

Have Been Changed From
8:00 pm to 7:00 pm

Cocaine-using Moms Warned

☐ If you're a woman in your childbearing years and you use cocaine, you are pushing your luck, warns a researcher at Penn State's Milton S. Hershey Medical Center. Just one "hit" of cocaine taken by a pregnant woman may be enough to cause defects or even kill her fetus, according to Dr. Warren Wasiewski, who is also a pediatric neurologist at Hershey.

The physiologic response from a single dose of cocaine or crack may cause premature labor, stroke in the fetus or stillbirth. And, babies born to mothers who abuse cocaine have such problems as low birth weight, small heads, kidney malformations and possible neurological injury.

Most drug-abusing women are not aware of these devastating effects, so there is a crying need for educational programs geared not only to inner-city women but to middle-class users who perhaps might be easier to reach, Wasiewski says. "Women of childbearing age must realize that even if they stop using illicit drugs after they know they are pregnant, it may be too late for their babies," he further says.

It's important to get the word out, he says, because research now reports that 17 percent of inner-city women are using cocaine. Cocaine is ubiquitous, and crack, the smokable form of cocaine, is even more

(Continued on page 12.)