



A message from the Tribal Safety Committee...

Get Out Get Fit

Targeting Your Heart Rate

An easy way to gauge whether you're exercising hard enough is to keep your heart beating within your target heart zone (THRZ). For beginners, the American Heart Association sets 60 percent to 75 percent of maximal heart rate as the normal target zone.

To find your THRZ, follow these steps:

1 Subtract your age from 220. (Using a 50-year-old as an example: $220 - 50 = 170$.)

2 Multiply the result first by .6 and then by .75 to obtain the lower and upper limits of your THRZ. ($170 \times .6 = 102$ beats per minute. $170 \times .75 = 127.5$ beats per minute.)

3 To check that you're in your zone, take your pulse during exercise. Count the number of beats in 15 seconds and multiply that result by four to determine the number of beats per minute.

For more information, call Healthline at 1-800-567-4197, select topic 1833 (fitness).

~ Reprinted from *Being Well*, Spring 2000.

It's spring in the Northwest and who wants to stay inside? With trails to hike, rivers to cross, and urban landscapes to explore, it's a great time to set some health and fitness goals and map out a way to achieve them.

"Many people who resolve to start exercising either fail to set a goal or set one that's too ambitious," notes Health net Oregon wellness specialist Camille Cadran. "Before you start, it's a good idea to determine what you want to accomplish. For example, is your primary goal to lose weight, to increase strength, or to improve aerobic conditioning? Are you preparing for an event like Hood-to-Coast or cycling across the Willamette Valley? When you know where you want to go, it's easier to follow the right path."

When setting your specific goals, be realistic: Set goals that challenge you while remaining within your reach. You'll be more likely to stick with your program and set other healthy goals.

Open your door and be counted

Census participation is now critical

The Census Bureau recently started sending out personnel to complete the Census and count those who did not receive or return a census questionnaire. Over \$185 billion in federal funds will be distributed to states and communities based on Census data.

Census personnel will knock on doors and make telephone calls until July 7. Census data is confidential. By the law, the Census Bureau cannot share anyone's information with any other agency, including the FBI, INS, or the IRS. Census personnel will be easily recognizable. If one comes to your door, he or she will:

- ✓ Wear an easily recognizable red, white and blue name badge.
- ✓ Have a tote bag with "Census 2000" written on it.
- ✓ Carry official census forms.
- ✓ Have a printed statement verifying that your answers are confidential.
- ✓ Never ask to come inside your house.
- ✓ Never request Social Security, drivers license or credit card numbers.
- ✓ Have a local census telephone number you can call to verify that he or she is a Census worker.

Over four million people were missed in the 1990 census, including many Native American families. More than half of those missed were children.

To apply for a temporary job with the Census Bureau, call 1-888-325-7733.

Panic attacks? Panic disorder is the culprit

Imagine you are in an airplane, jetting across the United States. Suddenly, you have a sense that something horrible is about to happen and you are powerless to prevent it. Your heart is pounding. You have chest pains. And, you cannot seem to catch your breath. There is a tingling or numbness in your hands. And, you just know you are going to die.

In the United States, more than 3 million people will have this happen to them at some time in their lives.

The place is unimportant. These symptoms can occur while a person is walking, driving a car, or riding in an elevator. If you have experienced any of these symptoms, you might have had a bout with a health problem called panic disorder.

This disorder typically begins in young adulthood. But, older people and children can be affected. Women are twice as likely to have an attack as men. And, the first attack seems to take a person completely by surprise.

According to the National Institute of Mental Health (NIMH), unpredictability is one reason panic attacks are so destructive. Initial attacks can occur because of stress, from an overload at work, after surgery, an accident or an illness. Excessive use of caffeine can also trigger the attacks. Some people never develop a problem after a panic attack serious enough to affect their lives. However, for some the attacks continue and can cause a lot of harm.

People who continue to have these attacks can develop irrational fears called phobias. These phobias can cause people to avoid the situations they feel will initiate another panic attack. Then, their work might suffer because they are afraid to drive a car. Or relationships may crumble because the

fears begin to rule the affected person and people close to them. Night time may also be disturbed because it is possible to have attacks in your sleep.

The disorder may progress to a more advanced stage where a person becomes afraid of being in any place or situation that might be difficult to escape. This condition is called agoraphobia.

This phobia can cause people to fear crowds, lines, shopping malls, and most forms of transportation. Sometimes these people restrict themselves to their neighborhoods or homes. These people usually lead lives of extreme dependency as well as great discomfort.

But, early treatment can keep the disorder from progressing to the mature stages where agoraphobia develops. And treatment can bring relief to about 70 to 90 percent of the people diagnosed with panic disorder.

The NIMH said before undergoing any treatment for panic disorder, a person should undergo a thorough medical examination to rule out other causes. After the examination and it is determined that panic disorder is the culprit, research has found a variety of treatments available.

Medications or psychotherapy are the two most common treatments for the disorder. A combination of the two has produced the best results, according to the NIMH.

Improvement is usually notice after about six to eight weeks. The combination treatment usually produces a low relapse rate. But if panic attacks re-occur, the person should not despair but rather re-see help. Although the attack re-occurred, most people are much better able to handle the problem after treatment.

— Reprinted courtesy of Jerilyn Ross, M.A., L.I.C.S.W., The Ross Center for Anxiety and Related Disorders, Inc., Washington, D.C. Adapted from Mathews et al., 1981.

PANIC ATTACK SYMPTOMS

During a panic attack, some or all of the following symptoms occur:

- Terror — a sense that something unimaginably horrible is about to happen and one is powerless to prevent it.
- Racing or pounding heartbeat
- Chest pains
- Dizziness, light-headedness, nausea
- Difficulty breathing
- Tingling or numbness in the hands
- Flushes or chills
- Sense of unreality
- Fear of losing control, going "crazy," or doing something embarrassing
- Fear of dying

STRATEGIES FOR COPING WITH PANIC

- 1** Remember that although your feelings and symptoms are very frightening, they are not dangerous or harmful.
- 2** Understand that what you are experiencing is just an exaggeration of your normal bodily reactions to stress.
- 3** Do not fight your feelings or try to wish them away. The more you are willing to face them, the less intense they will become.
- 4** Do not add to your panic by thinking about what "might" happen. If you find yourself asking "what if?" tell yourself "so what!"
- 5** Stay in the present. Notice what is really happening to you as opposed to what you think might happen.
- 6** Label your fear level from zero to ten and watch it go up and down. Notice that it does not stay at a very high level for more than a few seconds.
- 7** When you find yourself thinking about the fear, change your "what if" thinking. Focus on and carry out a simple and manageable task such as counting backwards from 100 by 3's, or snapping a rubber band on your wrist.
- 8** Notice that when you stop adding frightening thoughts to your fear, it begins to fade.
- 9** When the fear comes, expect and accept it. Wait and give it time to pass without running away from it.
- 10** Be proud of yourself for your progress so far, and think about how good you will feel when you succeed this time.

Tribal members who experience symptoms of this disorder can call ALAN S. HAM, MPH, MSW, Intake and Referral Specialist, to schedule a brief intake and assessment.

Your symptoms can be assessed at that time to determine if you need a referral for a more extensive evaluation.

You can reach Alan at at 879-2038 or 1-800-775-0095, ext. 2038.