



HEALTH & WELLNESS NEWS

Health & Wellness Center closures

• Monday, Feb. 20 – Tribal Chiefs' Day (all day)

February is National Heart Month

If you have diabetes, you are at higher risk for having heart disease. There are several risk factors for heart disease. Many can be prevented or controlled. Here are ways you can reduce your risk for heart disease:

Talk to Your Health Care Provider about Heart Disease

Share your health history. Get your blood pressure and cholesterol checked. Ask if taking an aspirin daily is right for you.

Control Your Blood Pressure and Cholesterol

High blood pressure is one of the leading causes of heart disease. If your blood pressure or cholesterol is high, take steps to lower it. Take small steps to eat healthier foods. Get more exercise. Take your blood pressure and cholesterol medications as prescribed.

Eat Healthy Foods

What you eat has a big effect on your heart health. When planning your meals and snacks, try to:

- Eat lots of fresh fruits and vegetables.
- Check the labels on your food and choose those with the lowest sodium. Too much sodium can increase your blood pressure.
- Limit foods with high amounts of saturated fats, trans fat and cholesterol. You can find this information on nutrition facts labels.
- Cook at home more often. Whenever possible, choose foods that are low in sodium or have no salt added. Limit sauces, mixes and "instant" products.

Get Moving

Obesity can increase your risk for heart disease and stroke. Being physically active most days of the week will help keep you at a healthy weight, and will help lower high blood pressure and high cholesterol. Try to walk at least 30 minutes on most days of the week. For example, you could take a brisk 10-minute walk, three times a day, five days a week.

Use Tobacco in Traditional Ways Only

Smoking and chewing tobacco greatly increase your risk for heart disease. If you smoke or chew, get help to quit. If you don't smoke or chew, don't start. Try to avoid secondhand smoke.

Remember Your ABCs

An easy way to remember how to reduce your risk for heart disease is to remember "ABCs." Talk to your health care provider about heart health ABCs. The heart health ABCs will help you avoid heart disease and live a longer, healthier life:

- Appropriate aspirin therapy for those who need it;
- Blood pressure control;
- Cholesterol management;
- Smoking/chewing cessation.

For more information on how to have a healthy heart, contact your health care provider.

Adapted from information found at www.millionhearts.hhs.gov

Dental health awareness news for 2017

What is Silver Diamine Fluoride (SDF)?

- SDF is an antibiotic liquid approved by the Food and Drug Administration in January 2016 for use on cavities to stop tooth decay and reduce sensitivity for patients who are not candidates for restoration dentistry due to age or medical history.
- Pain-free; no need to anesthetize the mouth to apply.
- It is applied every six to 12 months.
- Treatment with SDF does not eliminate the need for dental fillings or crowns to repair function or aesthetics.
- Should not be used if (1) you are allergic to silver or (2) there are painful sores, raw areas on your gums (*i.e. ulcerative gingivitis*) or anywhere in your mouth (*i.e. stomatitis*).
- Risks include staining of the affected area; it leaves a permanent "little black scar."
- After four to six weeks, it is possible to place a tooth-colored filling without the need for local anesthesia.

Sources: Dr. Jeremy Horst (UC San Francisco Dental Center)

Discontinuing IBH Services for Skookum Health Assistance Program

Please remember that if you are in need of mental health or alcohol and drug treatment, you need to call Shasta Customer Service for an in-network provider before receiving services.

Do not call IBH. This information was recently ran in *Smoke Signals* and provided in a letter from Shasta Administrative Services with your new Skookum Health Assistance Program cards mailed in December.

If you did not receive your new card, please contact Shasta Customer Service at 1-800-880-5877.

If you have questions, please call Tresa Mercier, 503-879-2008, or Barbara Steere, 503-879-2487.

Mumps news

Dear Tribal community:

Health officials in Washington state have confirmed an outbreak of mumps. There are now more than 100 cases in eastern and western Washington. While Oregon has not confirmed an outbreak, there was a significant increase in reported mumps cases from three in 2015 to 25 in 2016.

What is mumps?

Mumps is a contagious disease spread by contact with someone who is sick or someone who has the virus but is not yet feeling sick. It has the potential to cause serious long-term health problems, including brain damage and hearing loss.

How do you get mumps?

Mumps is spread by being in contact with someone who has the virus. People who do not yet feel sick, but have the virus, can spread the disease.

What can you do?

The symptoms include fever, headache, loss of appetite and fatigue. Also, mumps can cause swelling of the neck, cheeks, jaw, testicles or ovaries.

If you or a family member has symptoms or if you have contact with someone who is sick or gets sick, call your Tribal clinic or primary care provider. Do not go to the clinic or provider's office until you talk to them first. Follow your health care provider's instructions and stay home and avoid contact with others until you have received guidance from your health care provider. Rest and drink lots of fluids.

How do you prevent getting mumps?

The best way to prevent getting mumps is to be vaccinated. Call your Tribal clinic to primary care provider.

Additional information at www.cdc.gov/mumps/

Safety first!

For the safety of our Grand Ronde Health & Wellness Center patients and staff during inclement weather, please call before traveling to your appointments. We don't want you travelling if we are not open.

Please call 503-879-5211 for up-to-date, weather-related closures or delays. You can sign-up and receive emergency alerts and severe weather warnings that could affect you or your family. Just go to www.grandronde.org to sign up.

February is Heart Health Month

Join our nursing staff in the Clinic's Atrium
 Tuesday Feb. 14, 2017
 8 a.m.-5 p.m.
 Blood Pressure Checks, Heart Health Information, Prizes