



HEALTH & WELLNESS NEWS

Health & Wellness Center closures

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

Coronary Artery Disease

Coronary artery disease (CAD) is the most common type of heart disease in the United States. For some people, the first sign of CAD is a heart attack. You and your health care team may be able to help you reduce your risk for CAD.

Causes of CAD

CAD is caused by plaque buildup in the walls of the arteries that supply blood to the heart (called coronary arteries) and other parts of the body. Plaque is made up of deposits of cholesterol and other substances in the artery. Plaque buildup causes the inside of the arteries to narrow over time, which could partially or totally block the blood flow. This process is called atherosclerosis.

Too much plaque buildup and narrowed artery walls can make it harder for blood to flow through your body. When your heart muscle doesn't get enough blood, you may have chest pain or discomfort, called angina. Angina is the most common symptom of CAD.

Over time, CAD can weaken the heart muscle. This may lead to heart failure, a serious condition where the heart can't pump blood the way that it should. An irregular heartbeat, or arrhythmia, also can develop.

Diagnosing CAD

To find out your risk for CAD, your health care team may measure your blood pressure, cholesterol and sugar levels. Being overweight, physical inactivity, unhealthy eating and smoking tobacco are risk factors for CAD. A family history of heart disease also increases your risk for CAD. If you're at high risk for heart disease or already have symptoms, your doctor can use several tests to diagnose CAD.

Reducing Your Risk for CAD

If you have CAD, your health care team may suggest the following steps to help lower your risk for heart attack or worsening heart disease:

- Lifestyle changes, such as eating a healthier (lower sodium, lower fat) diet, increasing physical activity and quitting smoking.
- Medications to treat the risk factors for CAD, such as high cholesterol, high blood pressure, an irregular heartbeat and low blood flow.
- Surgical procedures to help restore blood flow to the heart.

To find out about your risk of CAD, call the Grand Ronde Health & Wellness Center to schedule an appointment or talk to your primary health care provider about your risk.

Massage at Health & Wellness Center

Mind, Body & Soul Therapeutic Massage started at the Health & Wellness Clinic one day a week on Aug. 25. **Remember:** Appointments for massage are not managed by the Health & Wellness Center staff. To schedule an appointment, call 971-237-2561.

Now Available
Diabetic Foot Care
 by trained nursing staff

Call Medical today to schedule an appointment
 503-879-2002

Ad created by George Valdez

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.

Overdose Prevention and Treatment

Opioid overdose continues to be a significant public health concern in America.

Misuse of prescription opioids (hydrocodone, morphine, hydromorphone, oxycodone, etc.), as well as illicit substances such as heroin, have resulted in increased opioid-related poisoning deaths.

Indian Country is not immune to this medical crisis. The 2013 National Survey on Drug Use and Health survey suggests a health disparity regarding past year nonmedical use of pain relievers among persons aged 12 and older between persons identifying as "not Hispanic, American Indian or Alaska Native" (7.8 percent vs. 4.8 percent). This data suggests increased use prevalence in our communities.

Additionally, the Centers for Disease Control has reported an all-population doubling of drug overdose deaths between 1999 and 2013 with 51.8 percent related to pharmaceuticals (71 percent involving opioid analgesics and 31 percent involving benzodiazepines).

Opioid overdose prevention continues to be a hallmark of the Office of National Drug Control Policy's Prescription Drug Abuse Epidemic strategy.

Clinicians have many tools available to mitigate harm from prescription and illicit opioid overdose. These tools include responsible prescribing practices; optimized patient monitoring as well as urine drug testing; and providing early access to Naloxone to treat opioid overdose.

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.

Grand Ronde Health & Wellness Pharmacy

Please be advised for:

Refill Requests

In order to best serve you, please note the following time requirements for your refill requests:

(Valid) Refills remaining – 48-72 hours

NO refills remaining – up to 7 days*

*This allows us time to coordinate and correct any needs that may exist for your refill

PLEASE LET US KNOW IF YOU WILL BE OUT BEFORE THIS TIME FRAME ON A MAINTENANCE MEDICATION SO THAT WE CAN BEST ACCOMMODATE YOUR NEEDS.

Thank you for allowing us to serve your prescriptions needs.