



HEALTH & WELLNESS NEWS

Pharmacy offering 'eclipse' refills

In order to discourage travel and keep everyone safe and off the roads during the eclipse on Monday, Aug. 21, the Grand Ronde Pharmacy will provide early refills where necessary and will be operating for essential and urgent needs only.

Our goal is to keep everyone with their medications without having them attempting travel on what could be extremely congested and hazardous roadways.

August is Gastroparesis Awareness Month

Gastroparesis is a condition in which your stomach cannot empty itself of food in a normal fashion. It can be caused by damage to the vagus nerve, which regulates the digestive system.

A damaged vagus nerve prevents the muscles in the stomach and intestine from functioning, preventing food from moving through the digestive system properly. Often, the cause of gastroparesis is unknown.

However, the causes of gastroparesis can include:

- Uncontrolled diabetes;
- Gastric surgery with injury to the vagus nerve;
- Medications, such as narcotics and some antidepressants;
- Parkinson's disease;
- Multiple sclerosis;
- Rare conditions, such as amyloidosis (deposits of protein fibers in tissues and organs) and scleroderma (a connective tissue disorder that affects the skin, blood vessels, skeletal muscles and internal organs).

What Are the Symptoms of Gastroparesis?

There are many symptoms of gastroparesis, including:

- Heartburn or GERD;
- Nausea;
- Vomiting undigested food;
- Feeling full quickly when eating;
- Abdominal bloating;
- Poor appetite and weight loss;
- Poor blood sugar control.

To diagnose gastroparesis, your doctor will review your symptoms and medical history. He or she also will give you a physical exam and may order certain blood tests, including blood sugar levels.

What Is the Treatment for Gastroparesis?

Gastroparesis is a chronic (long-lasting) condition. This means that treatment usually doesn't cure the disease. But there are steps you can take to manage and control the condition.

Sports physicals

It's that time of year again to sign up for a sports physical. There are 20 spots open and you get a gift when you come into the Health & Wellness Center for get a physical.

Medical has set aside times for sports physicals from 2 to 5 p.m. Tuesday, Aug. 22. Call to schedule an appointment at 503-879-2002.

Optometry hours

- 7:15 a.m. to 5:30 p.m. Monday, Tuesday, Wednesday and Friday
 - 9:15 a.m. to 5:30 p.m. Thursday
- Please call to schedule your appointment at 503-879-2079 or 800-775-0095.

Grand Ronde Health & Wellness Center Optometry

Effective July 1, 2017, Tribal spouses on the Skookum Health Assistance Program will be required to pay overages above the Skookum Health Assistance Program limitations, as well co-pays when receiving optometry services at the Health & Wellness Center.

Web Medication Refill Requests NOW AVAILABLE!

- Go to www.GrandRonde.org/departments/health-and-wellness/pharmacy and click on the link provided.
 - You can bookmark this page for future use.
 - Fill out all fields. Your order will be processed in the same order it was received.

This system operates 24/7

Grand Ronde Health and Wellness Pharmacy

Enter your refill information

This page is secure

Please note all fields are required to process your refill request.

Last Name:

Birthdate: (MM/DD/YYYY)

Prescription Number: 1 2
 3 4
 5 6

Delivery Method: Store Pickup Mail

Contact Information

E-mail:

Phone Number: ###-###-####

Would you like the pharmacy to contact your doctor if your prescription needs authorization?
 Yes No

Submit Request

Skookum Health Assistance Program online portal

Did you know you can access your Skookum Health Assistance Program information at www.shastatpa.com?

You can look for things like:

- Find a network health care provider
 - Print a temporary ID card
- View your health care claims and deductible/out-of-pocket balances
 - Contact customer service online

Just go to the website and register for a user name and password in a few minutes and you will have access.



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