



HEALTH & WELLNESS NEWS

Health & Wellness Tribal DNA testing information

Clients must be fully registered with the clinic prior to the testing. It can take three to five business days once all their information is submitted.

The patient cannot schedule with the lab until after registration is complete.

Unregistered patients cannot show up with papers in hand and do the test the same day.

The link for the registration form is [registration-form-use-for-all-2023-24.pdf](#) ([grandronde.org](#)) or it can be emailed and mailed. Patients should contact registration at 503-879-1325 or 503-879-2096.

To complete registration, a copy of a state birth certificate and a copy of a parent's Tribal identification is needed.

Registration information can be mailed to the address on the form, faxed, emailed or dropped off at the clinic.

The link for the registration form can be found on the Tribe's main website [www.grandronde.org](#), under "Services – Health & Wellness." The link to print the form is on the bottom of the page, called "New Patient Registration Form."

Once everything is submitted and the registration process is complete, the patient can schedule with lab. ■

Hypertension in youth: A growing concern

In recent years, the prevalence of hypertension among young people has emerged as a significant public health issue. Traditionally seen as a condition affecting older adults, hypertension, or high blood pressure, is increasingly diagnosed in adolescents and even children. This shift highlights the importance of understanding its causes, effects, and strategies for prevention and management among younger people.



Hypertension is defined as consistently elevated blood pressure, which forces the heart to work harder to pump blood through the arteries. Blood pressure readings consist of two numbers: systolic pressure (the top number) and diastolic pressure (the bottom number). Normal blood pressure is typically considered to be below 120/80 mmHg. Hypertension is diagnosed when blood pressure consistently exceeds 140/80 mmHg.

Causes and risk factors

Several factors contribute to hypertension in youth:

- **Obesity:** Excess body weight, especially abdominal obesity, is a major risk factor. Poor dietary habits and lack of physical activity contribute significantly to obesity rates among children and adolescents.
 - **Poor diet:** Consuming high-sodium and high-fat foods increases the risk of hypertension. Additionally, inadequate intake of fruits, vegetables and whole grains deprives the body of essential nutrients that help regulate blood pressure.
 - **Lack of physical activity:** Sedentary lifestyles are prevalent among youth today, leading to poor cardiovascular fitness and increased risk of hypertension.
- **Genetics:** A family history of hypertension can predispose individuals to the condition.
- **Stress:** High stress levels can temporarily elevate blood pressure and chronic stress may contribute to long-term hypertension.

Prevention and management

Preventing hypertension in youth involves adopting healthy lifestyle habits:

- **Healthy diet:** Encourage a diet rich in fruits, vegetables, whole grains and lean proteins. Limit intake of processed foods, sodium and sugary beverages.
- **Physical activity:** Aim for at least 60 minutes of moderate to vigorous physical activity daily.
- **Weight management:** Maintain a healthy weight through a balanced diet and regular exercise.
- **Regular health check-ups:** Monitor blood pressure regularly, especially for individuals with a family history of hypertension.
- **Stress management:** Teach stress-reduction techniques such as mindfulness, yoga or hobbies that promote relaxation.

Role of parents and friends

- **Education:** Raise awareness about the risks of hypertension and the importance of a healthy lifestyle.
- **Role modeling:** Set a good example by practicing healthy eating and physical activity habits. ■

National Grief Awareness Day — Saturday, Aug. 30

What is grief?

Grief is the deep sadness people feel when they lose someone or something important, like a loved one, a pet or a job. It is a normal part of life, and everyone experiences grief in their own way. National Grief Awareness Day, held every year on Aug. 30, helps people understand grief and support those who are going through it.



Why is grief important to talk about?

Grief affects both your body and mind. You may feel tired, have trouble sleeping or lose your appetite. You may feel very sad, angry or confused. These feelings are okay. Talking about grief can help people heal and feel less alone.

Common signs of grief:

- Feeling very sad or crying a lot
- Sleeping too much or too little
- Not feeling hungry or overeating
- Feeling angry, confused or guilty
- Having no energy or not wanting to be around people

How can grief affect your health?

Grief can weaken your body's ability to fight illness. It can also make you feel more stress. This can lead to problems like headaches, stomach-aches or heart problems over time. That's why it's important to take care of yourself and ask for help if you need it.

What can help during grief?

- **Talk to someone:** Sharing your feelings with a friend, family member or counselor can help.
- **Rest and eat well:** Your body needs good food and sleep to feel better.
- **Move your body:** Gentle exercise like walking can help your mood.
- **Take your time:** There is no "right" time to stop grieving. Go at your own pace.
- **Join a support group:** Some people feel better talking with others who understand their pain.

What can you do on National Grief Awareness Day?

- Reach out to someone who is grieving and let them know you care.
- Share stories and memories of loved ones.
- Learn more about grief and how to support others.
- Take a moment to care for your own emotional health.

Remember:

Grief is not something to be ashamed of. It shows love and connection. You are not alone and help is available. National Grief Awareness Day is a time to be kind — to yourself and others.

If you or someone you know needs extra support, talk to a doctor or call a mental health hotline. Healing takes time, but with care and support, things can get better. ■

Now accepting new residents

For Grand Ronde and other Federally designated Tribal members of Oregon
chaku tush tæmtæm haws – Grand Ronde's new treatment program in Sheridan, Oregon

We are proud to welcome new residents to chaku tush tæmtæm haws, a newly launched healing program by the Confederated Tribes of Grand Ronde. Located in Sheridan, Oregon, this program provides a safe, supportive living environment with on-site wraparound services focused on recovery, mental health, and traditionally centered wellness.

If you or a loved one is ready to take the next step toward healing, we're here for you. Our compassionate team is committed to walking alongside you on your path to wellness.

Location: 1330 West Main Street, Sheridan, Oregon
Call for services: 503-879-1501