

Where to go when you need care

By PATTI ATKINS
Columbia Pacific CCO

When you're sick or injured, where you go for care can make a lot of difference. If you have a minor ailment, you probably don't want to sit for hours in an emergency room, waiting until the doctors and nurses have helped all the people with more serious medical issues.

How do you know where to go? Here are some guidelines from the American College of Emergency Physicians.

Seek emergency room care for conditions such as:

- Compound fracture (bone protrudes through skin).
- Convulsions, seizures or loss of consciousness.
- Deep wounds.
- Loss of vision, sudden numbness, weakness, slurred speech or confusion (signs of stroke).

- Moderate to severe burns.
 - Poisoning.
 - Serious head, neck or back injury.
 - Severe abdominal or chest pain.
 - Severe difficulty breathing.
 - Suicidal or homicidal feelings.
 - Uncontrollable bleeding.
- If you have any of these emergency conditions, call 911.

In many less severe cases, your primary care provider is the best choice. Give their office a call. You may be able to get an appointment at your doctor's office for your concern or get your question answered over the phone without an appointment.

Medical care after hours

Even if your PCP's office is closed, call the clinic's phone number. You will speak with someone who

will contact your provider or give you advice about what to do. When your provider is not in the office, they will arrange for another provider to be available to give you care and advice.

Clatsop Behavioral Healthcare also provide crisis/emergency services and supports for individuals experiencing a mental health crisis. Services are available 24/7 by calling 503-325-5724.

Have a primary dental provider, too. You may have a primary care provider for your physical health. Do you have a primary dental provider and a dental home, too?

The benefit to you of having a dental home is that it's truly your place for dental care," says Alexa Jett, Care-Oregon dental innovation specialist. "Your dental team not only provides your comprehensive oral health care such as exams, cleanings and fillings, but can help

if you have a dental emergency. The dental home has your records and can give you family-friendly information about oral health and oral health care."

Because so many health conditions are affected by oral health, a dental home can help keep not just your mouth healthy, but help your overall health too, she says.

If you have dentures, a dental home is still important to have. Your dental team will make sure your dentures fit properly, take routine X-rays and perform an oral cancer screening. It's a good plan for keeping your mouth healthy.

While it's important for all of us to have a dental home, it's best to establish a dental home for children by their first birthday. This dental relationship will help prevent dental diseases like cavities by detecting them before problems occur and easing young ones' anxiety about dental visits.

Thomas Frank chronicles signs of U.S. decline

During the Great Depression, World War II and Korean Conflict, the Democratic Party of Franklin Roosevelt and Harry Truman protected workers, farmers, people of color and average middle-class Americans from rural areas, small towns and urban centers. Lyndon Johnson and Jimmy Carter did much the same.

Democratic candidates encountered voter resistance to traditional liberal policies: first from the campaigns of Richard Nixon, Ronald Reagan and Republican candidates against crime, welfare, abortion and civil rights for minority groups, women, gay men and women and immigrants.

To counter lost support in the Southern states and growing losses in the Midwest and West, Bill Clinton won election by exploiting the George H.W. Bush recession and wrapping Republican policies into his rhetoric on crime, welfare and trade.

Following the contested election of George W. Bush in 2000, Barack Obama returned Democrats to power in 2008 and mostly followed Clinton's domestic policies and Bush's post-9-11 foreign policies. After the 9-11. Under both Clinton and Obama, the Democratic Party befriended Wall Street interests and campaign contributions.

"Rendezvous with Oblivion: Reports from a Sinking Society," Frank's latest book, offers a brilliant analysis of the consequences of the Democratic Party's failure to address concerns of average Americans in the

upper Midwest, and the small mill towns devastated by poorly conceived trade agreements that transferred U.S. manufacturing to Mexico and Asia, a shift that gutted Main Street while enriching Wall Street.

He provides a similar critique of print journalism as newspapers and experienced reporters disappear in small towns and major city dailies shrink

AT THE LIBRARY

JOE BERNT



in size, staff, frequency and coverage. For Frank, reduced access to affordable higher education and quality journalism, two traditional sources of critical analysis, contributed to "the Donald's" Electoral College victory in 2016.

Finally, a few library events in April and May to consider:

The Northwest Authors Series sponsors "Fisherpoets Return," Thursday, April 25, at 7 p.m. Clem Starck will read from his latest book accompanied by Jon Broderick and Jay Speakman, who also will present some of their poems and songs.

The library's annual membership meeting is scheduled for Wednesday, May 1, at 10 a.m.

Mark your calendar now and don't miss the annual Memorial Day Rare and Old Book Sale, at the Cannon Beach Library, 131 N. Hemlock, from 10 a.m. to 5 p.m., Saturday through Monday, May 25-27. All proceeds support the library.

Our hardwired brains, and how to reprogram them

Diets often don't work well because we haven't given our brains the exact directions on what we really want. Let me explain, this can change your whole perspective.

Hardwired

Our brains are hardwired to move us towards pleasure and away from pain. It's how we have survived as a species for millions of years. What's unique about us humans is that we can choose what we link pleasure and pain to. Let me give an example.

Sneezes all over it

The waiter is bringing out a pizza and you love pizza, you're starting to salivate as he's walking over with it. All of a sudden he sneezes all over the pizza. That pizza is now gross to you. Or let's say you get food poisoning from oysters. As you're throwing up, you might be saying never again will I eat oysters. From then on looking at oysters make you sick.

BODY & MIND

JENN VISSER



Confusing, isn't it?

I hear all the time that eating cakes, chocolate, ice-cream, and drinking mochas make people happy but also unhappy. Confusing, isn't it? You cannot succeed on any diet loving and hating the same food, wanting it, denying it and then craving it.

When you're stressed and eat Ben & Jerry's and say "Oh my god, this is amazing! This makes me feel so much better" Then what do you think your brain is going to tell you to do next time you're stressed? Stressed? Eat the Ice cream, that made you feel better.

What to do? Make a list of food that you both hate/love and link pain to it. I know a woman who was able to stop drinking diet Pepsi because she

started calling it osteoporosis in a can.

Don't tell yourself that junk food makes you feel good. Link more pleasure to healthy food that best supports your health goals.

There's plenty

Wording matters. The brain hates scarcity and the word can't. For example saying I can't eat that right now, I'm on a diet. Creates even more desire and cravings. Say this instead, I could have that pizza and there's plenty, but I'm choosing the grilled chicken and salad and I'm going to feel just as satisfied. Or yes, those cookies look nice but what's even nicer is feeling good in my clothes.

This isn't about shame. Nothing gets better with shame. This is about learning how to direct your mind to what you really want. It takes practice so don't give up or be mean to yourself. You're learning!

Let me know how you're linking pleasure and pain to food. How are you going to change your mindset?

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