

The Spirit of Health

July 2017

A newsletter from

Consolidated Tribal Health Project, Inc.



Consolidated Tribal Health Project, Inc. is committed to healthy lifestyles and honoring traditional Native American values to maintain physical, mental, emotional, spiritual and social well-being of the community.

AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH



VACCINE-PREVENTABLE DISEASE HAS DECLINED BY OVER 99% SINCE THE INTRODUCTION OF VACCINES

Vaccination is one of the best ways parents can protect infants, children and teens from potentially harmful diseases. Vaccine-preventable diseases can be very serious, may require hospitalization, or even be deadly – especially in infants and young children.

Young babies can get very ill from vaccine-preventable diseases. The vaccination schedule is designed to protect young children before they are likely to be exposed to potentially serious diseases and when they are most vulnerable to serious infections.

HOW THEY WORK

Vaccines help develop immunity by imitating an infection, but this “imitation” infection does not cause illness. It does, however, cause the immune system to develop the same response as it does to a real infection so the body can recognize and fight the vaccine-preventable disease in the future.

Sometimes, after getting a vaccine, the imitation infection can cause minor symptoms, such as fever. Such minor symptoms are normal and should be expected as the body builds immunity.

As a parent, you may be concerned when you watch your baby get 3 or 4 shots during a doctor’s visit. But remember, all of those shots add up to your baby being protected against 14 infectious diseases.

Although children continue to get several vaccines up to their second birthday, these vaccines do not overload the immune system. Vaccines contain ingredients, called antigens, which cause the body to develop immunity. Every day, your healthy baby’s immune system successfully fights off thousands of antigens-the parts of germs that cause the body’s immune system to respond. The antigens in vaccines come from weakened or killed germs so they cannot cause serious illness. Vaccines contain only a tiny amount of the antigens that your baby encounters every day, even if your child receives several vaccines in one day.

Behavioral Health Update

PAIN KILLERS & ADDICTION

Addiction is a worldwide problem that affects many different people, their families, and communities. Addiction is a chronic disease, like diabetes or heart disease, meaning there is no cure. The American Society of Addiction Medicine (ASAM) defines addiction as “a chronic brain disease in which a person regularly finds and uses drugs, or regularly does something (such as gambling) despite the negative things that can happen...”

Opiate painkillers (OxyContin, Demerol, Codeine, etc.) can be very dangerous depending on the individual, the amount and the length of time taken as to the severity of the danger. One thing is for sure, opiate painkillers can kill you.

- ◆ Of the 20.5 million Americans 12 and older that had a substance use disorder in 2015, 2 million had the disorder involving prescription pain relievers and 591,000 had the disorder involving heroin.
- ◆ Drug overdose was the leading cause of accidental death in the US, with 52,404 lethal drug overdoses in 2015. Opioid addiction is driving this epidemic with more than twice the accidental deaths due to overdose compared heroin death due to overdose
- ◆ 20,101 overdose deaths related to prescription pain relievers, and 12,990 overdose related to heroin.
- ◆ Four in five new heroin users started out misusing prescription painkillers.
- ◆ One of scariest statistics is that people including family members share the prescriptions pain relievers unaware of the dangers. Most teens who misuse prescription pain killers are given to them for free by a friend or relative.

ALL MEDICATIONS NEED TO BE IN A LOCKED CONTAINER.

TREATMENT: Treatment using safe and helpful methods provided by trained drug and alcohol clinicians can lead to a healthy, positive way of life. This healthy way of life is referred to as recovery. Treatment can occur in several different places and settings depending on the severity of the addiction which also will be assessed by a professional clinician. Seeking and wanting help is the first important step to recovery. Participation in treatment and recovery is shown to improve outcomes. Because addiction is a chronic disease, treatment will be ongoing.

RECOVERY: Once the addicted person has a period of abstinence and is working on changing the behaviors and working toward living a better quality of life, this is known as recovery. It is said regular attendance to support meetings along with other tools and skills learned in treatment provides the greatest opportunity of going on to live a healthy, productive life. Recovery is a lifelong journey.



Safety News

HEAT STRESS

This time of year all of us look forward to vacations, visits to the beach, and just lolling about enjoying the warmth of summer. Then there is the business of work and here in Mendocino County many jobs requiring working in environments that are hot. Hot environments may be encountered when working outside during hot, humid summer days, in un-air conditioned indoor areas, when working in confined spaces, or when working in protective clothing that prevents or hinders the body's cooling process. Awareness of a danger that lurks in these environments is important to all of us. What is the danger? It is HEAT STRESS.



What is **HEAT STRESS**: It is a buildup of body heat generated either internally by muscle use or externally by the environment. People exposed to extreme heat or that work in hot environments may be at risk for heat stress. Exposure to extreme heat can result in illnesses and injuries such as heat stroke, heat exhaustion and/or heat syncope. Following is a list of the illnesses associated with Heat Stress and their symptoms.

HEAT STROKE: Symptoms include hot, dry skin (no sweating), hallucinations, chills, headache, high body temperature, confusion, dizziness, or slurred speech. Heat stroke is a life threatening condition.

HEAT EXHAUSTION: Symptoms include heavy sweating, weakness or fatigue, dizziness, confusion, nausea, clammy, moist skin, pale or flushed complexion, muscle cramps, slightly elevated body temperature, or fast shallow breathing.

HEAT SYNCOPE (fainting): Symptoms are light headedness, dizziness, and/or fainting.

Protect yourself from the sun and heat—wear protective clothing that allows the body to cool itself, wear a hat and eye protection, drink water, get out of the heat as often as possible and take a break! Drink water, Drink water, Drink water. Summer can be fun and we all enjoy being outdoors but remember to protect yourself from the elements.

DANGER NEVER TAKES A VACATION!!

Medical Department Updates

Our new Electronic Health Record, ATHENA, is well under way and running smooth. As such, we have re-instated our full schedule and back to full speed. Also we are expecting our new Family Nurse Practitioner, Jeri Lynn Williams, on 21 August and are looking forward to her coming on board.

As to clinic business, if you are unable to make an appointment please call and cancel so we can use that appointment for someone else. Just a reminder that if you are more than 10 minutes late for an appointment you will more than likely be asked to reschedule.

Lastly regarding medication refills, with the new EHR automatic refills are taking a longer amount of time than expected; so please be aware of medications needing to be refilled and make an appointment to do such.

Walk-in Clinic Hours

Our medical walk-in clinic at full provider capacity is Monday, Tuesday, Thursday, Friday from 1:30-4:30/5:00 pm depending upon the number and type of patients. It is a first come, first serve for the first 6 patients, with possibly more if the first six are straight forward and use the walk-in clinic for appropriate complaints similar to same day appointment types. Below are the conditions seen at our walk-in clinic:

All Patients:

- ◆ Influenza (FLU) symptoms
- ◆ Common cold symptoms (usually for more than 3 days)
- ◆ Sore throat, possibly strep
- ◆ Kidney/bladder/urinary tract infection
- ◆ Medication — adverse reactions (severe reactions that include difficulty breathing, please call 911)
- ◆ Earache
- ◆ Diarrhea
- ◆ Nausea/vomiting

Pediatric Patients:

- ◆ Bodily harm (major incidences like visible fractures, please call 911)
- ◆ Playground and sports injury
- ◆ Possible pink eye
- ◆ Acute infections (sudden onset)
- ◆ All newborn babies (let triage RN/LVN know)
- ◆ Fever in children less than 3 months

Join us for
Bumps, Bellies & Babies

***For Mothers-to-Be, Mothers & Guardians
of Children under 1 Year of Age.***



11:00 am to 1:00 pm

The 3rd Tuesday of Every Month

In our Wellness Center: Small Meeting Room

For more information,

call Monica Horse

707-467-5654

Consolidated Tribal Health Project, Inc.

Contact Us:

Main number: 707-485-5115

Medical appointments: 707-467-5649

Dental appointments: 707-467-5601

Behavioral Health appointments: 707-467-5645

Mailing Address:

P.O. Box 387
Calpella, CA 95418

Street Address:

6991 North State Street
Redwood Valley, CA 95470

Web Address:

www.cthp.org

