

# Tribal Health News

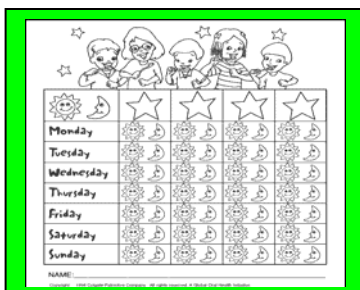


**Mission: To promote the physical and emotional wellness of Native Americans by providing the highest quality of health care.**

## Upcoming Events:

THHS and Health Promotion and Disease Prevention Committee are having a **Health Fair on February 22, 2007**  
 Time: 1:00 pm-4:00 pm  
 Place: TBC-Dome Room

THHS and Early Childhood are hosting a Pow-wow on Feb. 23, 2007 at the Timbee Hall. All dancers and drummers are invited.



## Shoshone-Bannock Tribes Health Education

February 2007 Newsletter

### Your Anger may be taking your breath away.

Do you operate on a short fuse?

If so, here's yet another reason why you should calm down: Long-term anger can speed up the decline in lung function that occurs naturally with age. In a study from Stanford University researchers measured the lung function and hostility levels of 670 men aged 45-86 over a period of eight years. Men with the highest levels of hostility-even those who don't smoke-experienced the greatest decline in lung function as they aged. The factors

behind this link aren't clear, but one hypothesis is that anger has a negative effect on the immune system, which, over time, weakens the lungs' resistance to inflammation.

Hostility and anger have been strongly linked with many other health problems in older adults, including heart disease and asthma. These emotions also appear to have an impact on chronic airway obstruction, suggesting that they could also affect the lungs. Our emotions or stress plays a

major role in all our lives, it can also aggravate a condition we may already have and it is best to keep in under control before it gets out of control. So stay Calm!



### February is American Heart Month

Article submitted by Iola Hernandez

## National Children's Dental Health

February is National Children's Dental Health Month and a chance for you to help your kids brush up on good oral hygiene. The following tips can help your children maintain a great and healthy smile all year long.

- Brush at least twice a day to remove plaque. If plaque is not removed, it can lead to cavities.
- Floss daily. Flossing helps to remove food debris from in between the teeth that a

toothbrush can't reach.

- Eat healthy and nutritious foods and limit the intake of sugary carbonated drinks.
- Visit your dentist for regular check ups and cleanings.
- Fluoride treatments twice a year are very beneficial in preventing tooth decay.
- Sealants can be applied to the chewing

surfaces of the back teeth and premolars. Sealants help to prevent tooth decay.

Congratulate your child for doing such a great job and compliment them on their beautiful, shiny teeth! Praising your child will boost their self-esteem and possibly get them interested in their dental health care.



The *Baby Girls Club* will be having their Mother/Daughter Dinner on Valentines Day at 7pm in the Fort Hall Housing conference room. (Attire to be Sunday best)





## Woman's Heart Day



The National Woman's Heart Day this year will be on February 16, 2007. There are some risk factors for heart disease you can control:

**High blood pressure.** This condition can increase your risk of heart attack and stroke.

**Smoking.** If you smoke, your risk of developing coronary heart is two to four times that of nonsmokers.

**Physical inactivity.** The lack of physical activity increases your risk.

**Obesity or overweight.** If you have excess body fat, especially around the middle, you're more than likely to develop heart disease or have a stroke.

**Diabetes.** Having diabetes increases your risk of heart disease and stroke, especially if your blood sugar is not controlled.

There are other risk factors

to be aware of, talk to your doctor about how your age, race and heredity may affect your risk for heart disease.

Contact your local health care provider or the Indian Health Service for more info.

Source, American Heart Assoc.



Without effective treatment, these cases can be fatal.

## National Condom Week, Feb. 11-17, 2007

Each year in the U.S. there are approximately 19 million new cases of sexually transmitted infections (STI).

However, many individuals with STIs are unaware they've been infected, or that they may potentially infect partners. With this in mind, the American Social Health Association (ASHA) recognizes National Condom Week 2007 (February 11-17) and emphasizes the value of safer sex practices. While anyone can contract STIs, about half of all new

cases occur among youths ages 15-24 years."

The American Social Health Association encourages abstinence from sexual intercourse as the most effective way to reduce the risk of all sexually transmitted infections," emphasizes Deborah Arrindell, Vice President for Health Policy. "But for young people who choose not to be abstinent, it is essential to understand the importance of using condoms with each episode of sexual intercourse and how to use them correctly."

National Condom Day, February 14<sup>th</sup>  
Have a Happy Valentines Day

Source, Am. Social Health Assoc.

ek is Feb. 25 through March 3. for the significant contributions the First Americans made to

## Quality Assurance Update

As a clinic dedicated to the health and welfare of Native Americans, we continually strive to make improvements in our health care services. One tool we use to find areas for improvement is the patient satisfaction survey, wherein we seek our patients' opinions on how we are doing and how we can improve. On the IHS side, we conduct the surveys twice each year, compile the results, identify areas for improvement, and make appropriate changes.

The responses on the 2006 surveys were overwhelmingly positive. Many took the time to thank specific providers and staff members in their comments.

We appreciate the gratitude and support, as it is re-affirming to know that our dedication does not go unnoticed. We also appreciate the constructive criticisms, which give us ideas on how we can make the clinic even better. Past suggestions have led to same-day appointments in the Medical Department (which has been very successful) and improved access to the Optometry Department.

Recurrent suggestions to improve dental access have led to changing the Dental Department's scheduling to same-day appointments (starting in January). So far, the new

system seems to be working well.

In addition to improving dental access, one recurring suggestion was to improve the speed of delivery of medications by the Pharmacy Department. We would like to note that our pharmacists work hard and always place safety ahead of convenience, as they should. We are lucky to have three pharmacists (one was transferred to Arizona in January) and many rotating student externs, but even with a well-staffed pharmacy, there are times when the workload outpaces the work force (such

as when a pharmacist is on vacation or during diabetic clinic). At such times patients may have to wait a little longer for medications. We should also note that since we implemented the Electronic Health Record last summer, preparation time for medications has significantly decreased. The Pharmacy Department is now usually able to prepare new prescriptions in 30 minutes and refill prescriptions in 60 minutes.



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*People who laugh  
actually live  
longer than those  
who don't laugh.  
Few persons  
realize that  
health actually  
varies according  
to the amount of  
laughter.*  
James J. Walsh