

*Shoshone-Bannock Tribes*  
Health Education

April 2008 Newsletter

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

**Upcoming Events:**

Teen  
Tournament  
April 24,25 &  
26, 2008

Pediatric CPR &  
First-Aid  
Training  
April 11, @  
8:30 am

call 478-3972

**April is STD Awareness Month**

Many STDs have no physical symptoms, so you could have contracted one and not even know it. Everyone who is sexually active should be tested sooner rather than later. Prompt treatment now can prevent major medical problems from developing in the future.

**Carbon Monoxide Awareness**

Each year unintentional CO poisoning not linked to fires kills about 500 Americans and poisons at least 15,000.

You can protect your family and prevent CO poisoning by taking just a few simple steps:

~ Have your heating system, water heater, and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.

~ Install a battery-operated CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds, leave your home immediately and call 911.

~ Don't burn anything in a stove or fireplace that isn't vented.

~ Don't run a car or truck inside a garage attached to your house, even if you leave the door open.

~ Don't heat your house with a gas oven.

~ Never use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement, or garage or near a window.

~ Seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseous.

Source: CDC

**National Infant Immunization Week**

April 19-26 is National Infant Immunization Week, to focus on and remind parents to immunize infants by age two.

What are immunizations? Immunizations, also called vaccinations, help protect you or your child from diseases. When you are given an immunization, you receive a vaccine that contains fragments of a disease organism or small amounts of a weakened disease organism. The vaccine causes your immune system to develop antibodies that can subsequently recognize and attack the organism if you are exposed to it. Sometimes an

immunization does not completely prevent the disease, but it will significantly reduce its severity.

Why should I get immunized?

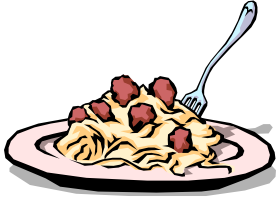
Immunizations help protect you or your child from disease. They also help reduce the spread of disease to others. Immunizations have greatly reduced the occurrence of epidemics.

What immunizations are recommended for children?

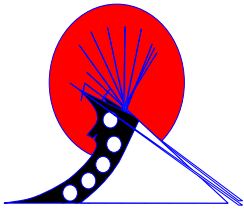
The standard childhood immunization schedule includes vaccines for:

- Diphtheria, tetanus, and pertussis (DTaP).
- Polio (inactivated poliovirus vaccine, or IPV).
- Measles, mumps, and rubella (MMR).
- Chickenpox (varicella). Hepatitis B (Hep B).
- Hepatitis A (Hep A). Haemophilus influenzae type b (Hib).
- Pneumococcal vaccine (PCV) for children younger than 5 years of age. Influenza (flu).





## April is Alcohol Awareness Month



*"A house is not a home unless it contains food and fire for the mind as well as the body."*

*Benjamin Franklin*



### Take a break.

If you think you're getting sick, feel yourself losing control, or are dealing with stress, take a break. Just taking a few minutes can give you the opportunity to clear your head so you can make better decisions about your and your family's health and safety.

## Size does matter-master portion control

You've heard it over and over. The key to a healthy diet and weight management is portion control. The concept is easy: if you eat less, you consume fewer calories. But in a world where big is better and restaurants serve overflowing plates of food, it's tough to figure out what a "normal" portion size is. It is very easy to overeat when oversized portions and all-you-can eat buffets surround us. While most of us know the basics about nutrition, it's time we take a few minutes to rethink how much we eat.

It's just as important as what we eat.

### Visualize Servings

A portion is how much food that we eat in a sitting, for a meal or snack. The first step to mastering portion control is to identify what a recommended serving of your food selections looks like. So when you have a meal that includes some meat, vegetables and grain, for example, you'll notice how many servings of each you have on your plate. For many of us, it will take time to retrain our

bodies, eyes, and heads to recognize what sensible servings look and taste like! But by mastering portion control, you'll improve your health and manage or even loose weight. The following tips can help you bite off less than you can chew! Visualize what one serving of each of the foods you are eating should look like, before digging into a meal. Pay attention to the food labels when you cook and eat. Make a habit of reading food labels to help you manage your portion sizes.

## Autism Awareness

Do you know all the ways you should measure your child's growth? We naturally think of height and weight, but from birth to 5 years, your child should reach milestones in how he plays, learns, speaks and acts. A delay in any of these areas could be a sign of a developmental problem, even autism.

The good news is, the earlier it's recognized the more you can do to help your child reach her full potential. According to the Centers for Disease Control, as many as one in 166 children will be diagnosed with autism. Autism is a neurological disorder that affects learning and social and communication skills.

Autism is often called a spectrum disorder, because symptoms can range from mild to severe. The signs of autism typically appear before a child turns three of age. The causes of autism are not yet known. While there is no cure, most children make significant progress with early diagnosis and treatment.

## Lupus Alert Day-April 1 Systemic lupus erythematosus (SLE)

SLE is a chronic, inflammatory autoimmune disorder. It may affect the skin, joints, kidneys, and other organs.

Causes, incidence, and risk factors SLE (lupus) is an autoimmune disease. This means there is a problem with the body's normal immune system response. Normally, the immune system helps protect the body from harmful

substances. But in patients with an autoimmune disease, the immune system can't tell the difference between harmful substances and healthy ones. The result is an overactive immune response that attacks otherwise healthy cells and tissue. This leads to chronic (long-term) inflammation. The underlying cause of autoimmune diseases is not

fully known. Some researchers think autoimmune diseases occur after infection with an organism that looks like certain proteins in the body. The proteins are later mistaken for the organism and wrongly targeted for attack by the body's immune system. SLE may be mild or severe enough to cause death. Source: Healthline.com