



Shoshone-Bannock Tribes
Health Education

March 2008 Newsletter

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

Upcoming Events:

"Healing Our Hearts"

Grief Conference
• March 28, 8am
At Sho-Ban Jr/Sr High School
• More information contact Counseling & Family Services at 237-5631

Food Handler's Training

• March 10, at the Fort Hall Casino/Bingo Hall @ 9 am
• To register call Health Ed. at 478-3972

National Nutrition Month

The ADA list the following as the Top 10 nutrition facts:

1. Eating right doesn't have to be complicated. Use Mypyramid.gov to develop a personalized plan for lifelong health.
2. The best nutrition advice is based on science. Before adopting any changes to your diet, be sure the information is based on scientific fact.
3. Get your food and nutrition facts from an expert: a registered dietitian. RDs are uniquely qualified to translate the science of nutrition into reliable advice you can

use every day.

4. Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness.
5. Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients-and lower in calories.
6. Look at the big picture: No single food or meal makes or breaks a healthful diet. Your total diet is the most important focus for healthful eating.

7. Prepare, handle and store food properly to keep you and your family safe from food-borne illness.
8. Don't fall prey to food myths and misinformation that may harm rather than benefit your health.
9. Read food labels to get nutrition facts that help you make smart food choices quickly and easily.
10. Find healthy fats when making food choices. By choosing polyunsaturated or monounsaturated fats, you can keep your saturated fats, trans fats and cholesterol low.

American Indians and Alaskan Natives and colorectal cancer.

March is national colorectal cancer awareness month.

- Cancer is the second leading cause of death among American Indians and Alaskan Natives over the age of 45.
- Alaska Natives and Northern Plain Tribes have higher death rates than whites and African Americans.
- The types of cancers experienced within Native

communities varies significantly by region.

Colorectal cancer is cancer of the colon and/or rectum. It is equally common in both men and women – 153,760 cases were estimated to be diagnosed in 2007, and 52,180 people projected to die of the illness. It is also one of the most easily prevented cancers because it can develop from polyps that can be

removed before they become cancerous.

PREVENTION

- Get regular screening tests.
 - Exercise regularly, and maintain a healthy weight.
 - Eat a diet rich in fruits, vegetables and whole grains.
 - Don't smoke, and don't drink alcohol excessively.
- Source: preventcancer.org



American Diabetes Alert Day March 25



Happy Easter –March 23



Save Your Vision Month

Happy  St. Patrick's Day

"Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship."

Buddha



What You Can Do to Maintain Good Oral Health

Drink fluoridated water and use a fluoride toothpaste. Fluoride's protection against tooth decay works at all ages. Take care of your teeth and gums. Thorough tooth brushing and flossing to reduce dental plaque can prevent gingivitis—the mildest form of gum disease. Avoid tobacco. In addition to the general health risks posed by tobacco, smokers have 4 times the risk of developing gum disease compared to non-smokers. Tobacco use in any form—cigarette, pipes, and smokeless (spit) tobacco—increases the risk for gum disease, oral and throat cancers, and oral fungal infection (candidiasis). Spit

tobacco containing sugar increases the risk of tooth decay. Limit alcohol. Heavy use of alcohol is also a risk factor for oral and throat cancers. When used alone, alcohol and tobacco are risk factors for oral cancers, but when used in combination the effects of alcohol and tobacco are even greater. Eat wisely. Adults should avoid snacks full of sugars and starches. Limit the number of snacks eaten throughout the day. The recommended five-a-day helping of fiber-rich fruits and vegetables stimulates salivary flow to aid remineralization of tooth surfaces with early stages of tooth decay. Visit the dentist regularly. Check-ups can

detect early signs of oral health problems and can lead to treatments that will prevent further damage, and in some cases, reverse the problem. Diabetic patients should work to maintain control of their disease. This will help prevent the complications of diabetes, including an increased risk of gum disease. If medications produce a dry mouth, ask your doctor if there are other drugs that can be substituted. If dry mouth cannot be avoided, drink plenty of water, chew sugarless gum, and avoid tobacco and alcohol. Have an oral health check-up before beginning cancer treatment.

Source: CDC

Men and Lung Cancer

Lung Cancer is the leading cancer killer of both men and women, claiming more lives than prostate, colon, and breast cancer combined. In men, there are expected to be about 93,000 new cases of lung cancer and some 90,000 lung cancer deaths this year.

The good news is that rate of new lung cases has been dropping since

the 1980's, and deaths from the cancer have fallen since the 1990s. That's because of the drop in the prevalence of the use of tobacco products by men that followed the Surgeon General's report.

Besides smoking, the American Cancer Society lists the following risk factors for lung cancer:

- Exposure to secondhand smoke

- Exposure to asbestos or radon
- Personal history
- Air pollution

Tobacco products are responsible for 90% of lung cancer, which makes prevention and cessation so crucial. If you've been considering on quitting smoking, call 478-3972 for cessation classes, ask for Merilee Caldwell.

Why School Breakfast?

School Breakfast really is the most important meal of the day for kids as it provides the necessary fuel to start a day of learning and achievement. Research has shown that children who eat breakfast have: Higher Academic Scores

-Students who eat breakfast earn, on average, a letter grade higher in math than kids who don't according to Pediatrics Magazine
-Studies have also shown eating breakfast results in higher test scores
Improved behavior
-Hungry children are

more likely to have discipline problems
-Satiated teens are less likely to be suspended from school. Reduced tardiness and absenteeism
-Kids who participate in the School Breakfast Program are tardy and/or absent from school less often.