



Raising the physical, mental, social, and spiritual health of American Indians and Alaska Natives to the highest level



Indian Health Service/California Area Office Patient Newsletter

Fall 2014

Volume 6, Issue 4

Inside This Issue...

- Director's Message **P.1**
- Should I Be Worried About Ebola? **P.2**
- Sports Should Include a Mouthguard **P.3**
- Functional Foods, Health and Wellness **P.3**
- Domestic Violence Against Women: Recognize Patterns, Seek Help **P.4**
- Diabetes and Food Insecurity **P.4**

Director's Message

Breast Cancer Awareness

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will be diagnosed with breast cancer at some point in their lives.

The **good news** is that many women who are diagnosed with breast cancer can survive if it's found and early treatment is begun. A mammogram – the screening test for breast cancer – can help find breast cancer during the early stages when it's easier to treat.

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. You can make a large difference in terms of prevention! Talk with your friends, families and community members about the importance of mammograms and encourage these persons to get involved.

During this month that is designated to National Breast Cancer Awareness, we should take the opportunity to spread the word about steps that women can take to detect breast cancer early.



The following suggestions are offered to ensure that you and others within your community are aware of the current evidence based screening and follow-up recommendations:

Ask your doctor, nurse and other health care professional about the importance of getting screened for breast cancer.

- Encourage women you know, those between the ages 40 to 49, to talk with their doctors about when is the recommended time to start getting mammograms.
- Consider asking your health care providers to organize an event to talk with women ages 50 to 74 in your community about the importance of getting mammograms and the recommended frequency.
- Talk with your doctor or licensed health care professional about your risk for breast cancer, especially if a close family member of yours has had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.



Indian Health Service/California Area Office
650 Capitol Mall, Suite 7-100, Sacramento, CA 95814
Phone: (916) 930-3927 | <http://www.ihs.gov/california>



Should I Be Worried About Ebola? By Amy Patterson, PhD

Unless you've been avoiding every news and social media outlet lately, you've probably heard a lot about the Ebola virus. Ebola is a rare and deadly disease caused by infection with one of the five Ebola virus strains. Ebola was first identified in 1976 in the Democratic Republic of the Congo, and there have been sporadic outbreaks since then. The recent outbreak in several West African countries is the deadliest to date.

How do you catch the Ebola virus?

Ebola is spread through direct contact with body fluids, usually through broken skin or mucous membranes (e.g. eyes, nose, mouth). The contact with bodily fluids can be directly from a person sick with Ebola, with objects such as needles that have been contaminated with the virus, or with infected animals. There is no evidence that Ebola spreads "through the air" or via bugs. Healthcare providers caring for Ebola patients and family and friends in close contact with Ebola patients are at the highest risk of getting sick.

What are the symptoms of Ebola?

The initial symptoms of Ebola virus are very similar to those of the flu:

- Fever (greater than 38.6°C or 101.5°F)
- Severe headache
- Muscle pain
- Weakness

Unlike the flu, Ebola does not generally cause initial respiratory symptoms and people infected with it are more likely to experience gastrointestinal symptoms such as:

- Diarrhea
- Vomiting
- Abdominal (stomach) pain
- Unexplained hemorrhage (bleeding or bruising)

Generally these symptoms appear within 2-21 days after exposure to the virus, with 8 days being the average.

Do people survive Ebola?

Yes, many do. With good supportive care and a healthy immune response, people can recover from Ebola. Much of the care for Ebola patients involves treating the dehydration and complications that arise from the effects of the virus. Once someone recovers from Ebola, they can no longer spread the virus.

Are people in the United States at risk for Ebola?

Currently, there is no evidence of the Ebola virus spreading among the U.S. population. During this recent outbreak, there have been only four confirmed Ebola cases in the U.S. and all but one were health care workers caring for Ebola patients in West Africa. So far, there has been only one case of a non-healthcare worker who contracted the Ebola virus while traveling in West Africa. His close contacts have been monitored by the Centers for Disease Control & Prevention (CDC) since his case was identified.

Then, who is at risk?

People at risk for contracting Ebola are travelers to the countries where there is currently an outbreak of the virus. These countries are Guinea, Liberia, and Sierra Leone. The CDC has issued a Warning, Level 3 travel notice for U.S. citizens to avoid nonessential travel to these three countries. The CDC currently does not recommend that travelers avoid visiting other African countries.

Should I be worried about Ebola?

At the present time, there is no evidence of any significant risk of Ebola spreading among the U.S. population. In the past decade, there have been 5 cases of Viral Hemorrhagic Fever cases similar to Ebola in patients within the U.S., and none resulted in more people becoming sick. Ebola is not spread through casual contact; therefore, the risk of an outbreak in the U.S. is very low.

Fruit Juice: Not a Low-Sugar Alternative to Soda! By Christine Brennan, MPH

Excess intake of sugary drinks has been found to increase the risk of heart disease and diabetes. Many people believe that fruit juice is a healthier, low-sugar alternative to sodas and other sugary drinks. Unfortunately, researchers have found that 1 cup of fruit juice contains 26 grams of sugar, which is the same sugar content of 1 cup of soda. Eating recommended amounts of solid fruit has found to be associated with a reduced or neutral risk for diabetes, but because fruit juice is concentrated, there is substantially more sugar in 1 cup of fruit juice than in a single piece of fruit. So, when choosing a drink for yourself or children, limit the amount of fruit juice and serve water instead.



Sports Should Include a Mouthguard By Steve Riggio, DDS

A properly fitted mouthguard is an integral piece of sports equipment. They are not just for children and teenagers, injuries can and do occur at all ages. Mouthguards help to prevent injuries to the teeth, tongue, lips and jaw. They are certainly recommended for contact sports, such as football, basketball and hockey, but also for non-contact sports such as baseball and skateboarding.

There are inexpensive mouthguards that can be purchased in sporting goods stores and drug stores. Some of these mouthguards come in ready-made sizes, while others are made of material that can be heated for a more personalized fit. These mouthguards are generally inexpensive and the materials are not as durable as the custom mouthguards available from your dentist.

The most effective mouthguard is comfortable, does not interfere with speech, durable, and easy to clean. In most cases the mouthguard covers the upper teeth, but in some cases both upper and lower teeth should be covered. Factors that are important in the selection of a mouthguard include:

- The type of sport being played
- How often the mouthguard will be used
- If the sport is played recreationally or part of a competitive league
- If there is any special dental treatment such as, crowns, bridges or braces
- The age of the sports player
- If there are still baby teeth, or if permanent teeth have not yet erupted



Consulting a dentist can help you select the type of mouthguard that is best suited to your specific need.

Whatever the type of mouthguard, care is important:

- Cleaning your mouthguard regularly with toothpaste and a toothbrush
- Rinsing it before and after each use with water or mouthwash
- Store the mouthguard in a proper container; that allows air to circulate
- Avoid storing at high temperatures or in direct sunlight
- Check for damage to the mouthguard, which may affect the fit and could irritate the gums.

No matter what type of mouthguard you are using, bring it with you to your regular dental appointment, so your dentist can make sure it fits properly.

Functional Foods, Health and Wellness By Beverly Calderon, MS, RD, CDE

We should all agree there is no “one-size-fits-all” diet. Think about this when considering the connection between dietary habits and quality of life. What we eat and drink is one factor that impacts our health. To positively influence their health, an increasing number of people are focusing on “functional foods”. The term “functional foods” refers to those whole, fortified, enriched or enhanced foods that offer health benefits beyond providing essential nutrients (e.g. vitamins and minerals), when consumed at useful levels. Mounting evidence supports the opinion that functional foods contain physiologically-active components that may enhance health. Clinical and epidemiological data suggest that a plant-based diet packed with functional foods can reduce the risk of chronic disease. Placing an emphasis on a plant-based diet, high in fiber, low in animal fat, with 5-9 servings of fruits and vegetables is most often a good choice. We should all agree, however, that functional foods are not a cure-all solution for other poor

health habits. There are no “good” or “bad” foods, but there are good or bad diets. Making it a habit to focus on the potential medicinal benefits that foods and food components provide can be one choice to positively impact your health.

Here is a partial list of functional foods:

apple, barley, blackberry, blueberry, carrot, eggplant, oats, garlic, ginger, ginseng, mushroom, onion, soybean, tea, lemon, cranberry, beet, cucumber, squash, soybean, cabbage, brussel sprouts, cauliflower, kale, broccoli, spinach, ginseng, licorice, parsley, green tea, Anise, fennel, soybean, cabbage, range, tomatoes, flaxseed, grapes, fish with omega-3 fatty acids, calcium rich dairy, beef low in fat with fatty acid known as conjugated linoleic acid (CLA)



Domestic Violence Against Women: Recognize Patterns, Seek Help

By CDR Wendy Blocker, MSN

Recognize domestic violence

Domestic violence — also called intimate partner violence — occurs between people in an intimate relationship. Domestic violence can take many forms, including emotional, sexual and physical abuse and threats of abuse. Men are sometimes abused by partners, but domestic violence is most often directed toward women. Domestic violence can happen in heterosexual or same-sex relationships.

You might be experiencing domestic violence if you're in a relationship with someone who:

- Calls you names, insults you or puts you down
- Prevents or discourages you from going to work or school or from seeing family members or friends
- Tries to control how you spend money, where you go, what medicines you take or what you wear
- Acts jealous or possessive or constantly accuses you of being unfaithful
- Threatens you with violence or a weapon
- Hits, kicks, shoves, slaps, chokes or otherwise hurts you, your children or your pets
- Forces you to have sex or engage in sexual acts against your will
- Blames you for his or her violent behavior or tells you that you deserve it

Create a safety plan

Consider taking these precautions:

- Call a women's shelter or domestic violence hotline for advice. Make the call at a safe time — when the abuser isn't around — or from a friend's house or other safe location.
- Pack an emergency bag that includes items you'll need when you leave, such as extra clothes and keys. Leave the bag in a safe place. Keep important personal papers, money and prescription medications handy so that you can take them with you on short notice.
- Know exactly where you'll go and how you'll get there.

Where to find help

In an emergency, call 911 or your local emergency number or law enforcement agency. The following resources also can help:

- **Someone you trust.** Turn to a friend, loved one, neighbor, co-worker, or religious or spiritual adviser for support.
- **National Domestic Violence Hotline: 800-799-SAFE (800-799-7233).** Call the hotline for crisis intervention and referrals to resources, such as women's shelters.
- **Your health care provider.** Doctors and nurses will treat injuries and can refer you to safe housing and other local resources.
- **A local women's shelter or crisis center.** Shelters and crisis centers typically provide 24-hour emergency shelter, as well as advice on legal matters and advocacy and support services.
- **A counseling or mental health center.** Counseling and support groups for women in abusive relationships are available in most communities.
- **A local court.** Your district court can help you obtain a restraining order that legally mandates the abuser to stay away from you or face arrest. Local advocates might be available to help guide you through the process.

Remember, no one deserves to be abused.

**Give from
your heart.
Receive from
your heart.**



**This holiday
season,
may you
find peace
in giving
and receiving
good things,
from the heart.**

Diabetes and Food Insecurity

By Helen Maldonado, PA-C, CDE

November is recognized as Diabetes month. Why do we want to think of diabetes during the time of year when we are starting the season of over-eating? This starts with Halloween candy, then Thanksgiving dinner and leftovers for days, followed by Christmas and New Year's celebrations. No wonder we are ready for a resolution on January 1 to lose weight.

Let's start expanding our thoughts and efforts during this time of year to include the needs of others. Many in our communities face food insecurity on a daily basis. This is not knowing if or when you will eat your next meal or where you will get food in the next week. Food insecurity has a large impact on the development of diabetes.

For those of us that now have the means to not worry about our next meal, let's open our hearts and share with our neighbors to help reduce food insecurities. Food is necessary for our future generations to grow and be all they can be. In traditional times, tribes shared all food with one another. Maybe if we focus on each other our hearts and spirits will grow and our waistlines won't. If you need more information about food insecurity or need assistance obtaining food, talk with your medical provider.

Yawhee (Thank you)



Produced by the IHS
Division of Diabetes
Treatment and Prevention,
www.diabetes.ihs.gov