

Health Newsletter

July 2010 Issue

Tribal Health & Human Services
jointly accredited with
Fort Hall Indian Health Services



Accreditation Association for
Ambulatory Health Care, Inc.



COPS Meth Project Fort Hall, Idaho

"Help support our youth," stated by Leslie St. Clair, COPS Meth Project Coordinator. "We have several youth here on the reservation that will be participating in the Paint the State Contest". The participants will have their masterpieces all around the reservation. "We have youth in every district participating in the contest."

The COPS Meth project will be helping each youth with the supplies for each masterpiece. Then each participant will need to display the piece for a week in July.

All participants are under 18 years of age. All handed in their applications to Leslie and she in turn forwarded the applications to the Idaho State Meth Project. Please look for the masterpieces in the surrounding districts. Representatives from the Idaho State Meth Project will be judging the pieces in July, on various dates. All participants will need to put up their pieces by July 11, 2010 and pieces will need to stay up till the end of July.

The COPS Meth Project would encourage all the community to support our youth in this project.



"Our children are special to all of us" Submitted by Lee Ann Dixey-Avila, Native CARS Coordinator

I would like to take the time to let our community know of our Native Car Seat project, under the Health Education Program. Many of our community members are not aware children eight (8) years of age and under need to be in a car seat. Our program gives FREE car seats to infants/children who have charts at the Indian Health Service. For parents who are having a child, we suggest using your chart number for a seat for your newborn. (This is to account for our services) One seat is given per child, for each stage: infant seat, toddler seat, and booster seat. The process to receive a seat: 1. Going to I.H.S. or Community Health, 2. Referral is given for a car seat, 3. Referral has weight and height of child plus chart number, 4. Referral is then brought to the Health Education Program. (Located at CHR building, next to community access) Our program then screens for the appropriate seat for your child. Child Passenger Seat Technicians (2) then help educate and teach the safe placement and installation of the seat for your child.

We encourage all children under one year of age to sit facing the rear in an infant seat or toddler seat if child has outgrown infant seat. After child is over one year of age, children can sit facing forward in a toddler seat till the age of 2 1/2 or 3 (depending on weight & height of child), then child graduates to a booster seat. The child will then stay in the booster seat till 8 years of age, or if taller than 4'9".

Remember we all are role models for all children on our reservation, so please buckle up. We will be doing safety seat and seat belt checks throughout the year, so look for us throughout the community. If you need child seats in your car checked, have any questions, or need presentations on car seats, give our office a call at (208) 478-3965.



CLICK IT OR TICKET.



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

Shoshone-Bannock CERT Program

Community Emergency Response Team

"You can't predict, but you can prepare!"

Help your Community:

- Identifying potential hazards
- Making sure relatives and neighbors are safe
- Learn Basic Lifesaving skills that help you help others.

BANNOCK CREEK BASIC CERT COURSE:

Date	Topic
07/26/2010	Unit 1: Disaster Preparedness
07/21/2010	Unit 2: Fire Safety
07/22/2010	Unit 3: Disaster Medical Operations-Part 1
07/24/2010	Unit 4: Disaster Medical Operations-Part 2
	Unit 5: Light Search and Rescue Operations
	Unit 6: CERT Organization
	Unit 7: Disaster Psychology
	Unit 8: Terrorism and CERT
	Unit 9: Course Review

To register for the course: Contact Mel Timbana at 208-237-0137 or email mtimbana@sbtribes.com

Classes are held at the Bannock Creek Community Center on Arbon Valley Hwy. from 6:30-9:30 PM. The 7/24 class will start at 9:30AM to 3:30PM.

Juvenile Arthritis

www.arthritis.org



Juvenile arthritis (JA) refers to any form of arthritis or an arthritis-related condition that develops in children or teenagers who are less than 18 years of age.

Causes of Juvenile Arthritis:

- The cause of most forms of juvenile arthritis is unknown, but it is not contagious and there is no evidence that foods, toxins, allergies or vitamin deficiencies play a role.

Common Symptoms of Juvenile Arthritis:

- Pain, Swelling, Tenderness and stiffness of joints, causing limited range of motion
- Joint contracture, which results from holding a painful joint in a flexed position for an extended period
- Damage to joint cartilage and bone leading to joint deformity and impaired use of the joint
- Altered growth of bone and joints leading to short stature

Types of Juvenile Arthritis:

- Polyarticular juvenile rheumatoid arthritis (JRA) – or juvenile idiopathic arthritis (JIA)- typically affects five or more joints and:
 - o Affects girls more frequently than boys
 - o Most commonly affects knees, wrists and ankles
 - o Can affect weight-bearing and other joints, including hips, neck, shoulders and jaw
 - o Often affects the same joint on both sides of the body
- Pauciarticular juvenile rheumatoid arthritis (JRA)- affects typically four or fewer joints and:
 - o Usually affects the large joints: knees, ankles or wrists
 - o Often affects a joint on one side of the body only, particularly the

knee

- o May cause eye inflammation (uveitis) which is seen most frequently in young girls with positive anti-nuclear antibodies (ANA)
- Systemic onset juvenile rheumatoid arthritis (JRA) can:
 - o Affect boys and girls equally
 - o Cause high, spiking fevers of 103 degrees or higher, lasting for weeks or even months
 - o Cause a rash consisting of pale, red spots on the child's chest, thighs and sometimes other parts of the body
 - o Cause arthritis in the small joints of the hands, wrists, knees and ankles

Management of Juvenile Arthritis:

- Management varies depending on the specific form of juvenile arthritis
- Care by a pediatric rheumatologist is important for most forms of JA
- The primary goals of treatment for juvenile arthritis are to control inflammation (swelling), relieve pain, prevent joint damage and maximize functional abilities.
- Treatment plans for children usually include medication, physical activity, physical and/or occupational therapy, education, eye care, dental care and proper nutrition.
- For medications: consult your physician, depending on the JA your child was diagnosed with.

For more information please refer to your physician. To see more on all arthritis information, refer to the internet site address above. (Health Education)

UV Safety

While some exposure to sunlight can be enjoyable, too much is dangerous, causing immediate effects like blistering sunburns, as well as long-term problems like eye damage. Ultraviolet radiation is composed of high-energy rays from the sun. Long-term exposure to ultraviolet radiation ("sunburn rays") may contribute to the development of various eye disorders, such as: age-related macular degeneration, the leading cause of vision loss among older Americans; and cataracts, a major cause of visual impairment and blindness. Everyone is at risk for eye damage that can lead to vision loss from exposure to the sun. It's important to protect your eyes from acute damage caused by even a single outing on a very bright day. Intense, excessive exposure to ultraviolet light reflected off sand, snow and pavement can damage the eye's surface. Similar to sunburns, eye surface burns usually disappear within a couple of days, but may lead to further complications later in life. To ensure your eyes are protected, wear sunglasses and a broad-rimmed hat. When selecting sunglasses make sure they block 99 to 100 percent of UV-A and UV-B rays. But don't be deceived by color or cost. The ability to block UV light is not dependent on the darkness of the lens or the price tag. (American Academy of Ophthalmology)

Excessive sun exposure may cause eyesight damage.

CPR & 1st Aid Training

Dates:

(Monday) July 12, 2010
 (Friday) July 26, 2010
 (Monday) August 16, 2010
 (Monday) August 23, 2010
 (Friday) September 3, 2010
 (Monday) September 20, 2010

Times:

All classes start exactly at 8:30 a.m. and go to 12:00 p.m.
 (Anyone later than 8:30 a.m. will need to reschedule to a different date)

Held:

All classes are held at the Fitness Building located on the North Side of Timbee Hall.
 Any questions call Health Education Office at 478-3965.