

Health Newsletter

June 2010 Issue

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



Accreditation Association for
Ambulatory Health Care, Inc.

June is Men's Health Awareness Month

For the first time ever, the Indian Health Service in conjunction with the HP/DP committee is sponsoring Men's Health Month in June. There are some exciting activities planned for this month including the Men's Health Fair. The health fair will be held on June 17 on the HRDC lawn, weather permitting. It will last from 9 a.m. to 2 p.m. and will include lots of great health information, booths, and presentations that men will find very helpful and interesting. Lunch will be provided and, of course, great door prizes. The door prizes will be for male participants only.

Various departments from Indian Health Service will also be submitting articles to the Sho-Ban News on a weekly basis to provide additional awareness pertaining to men's health issues. In addition, the medical department will be providing training at Gaming. This will be given towards the end of the month.

Please join Indian Health Service and the HP/DP committee in celebrating June as Men's Health

June is Drive
Safe Month



Shoshone-Bannock Tribes
Tribal Health & Human Services

MEN'S HEALTH FAIR
"Awareness, Prevention, Education, Family"



LOCATION
HRDC Lawn (Weather Permitted)

DATE
Thursday, June 17, 2010

TIME
9:00 am-2:00 pm

AGENDA
Health Booths
Health Presenters
LUNCH will be provided for participants

ADMINISTRATIVE LEAVE
Is granted for ALL Male Employees working for the Shoshone-Bannock Tribes to attend the Health Fair

DOOR PRIZES FOR MEN ONLY

Sponsored by Indian Health Services in coordination with the Joint Health Promotions/Disease Prevention Committee



Remember your children this summer!

If your child is under 8 years of age, they need to be in a car seat. The Health Education Program helps our community with car seats. Here is how you can receive a seat.

First - You or your child (2 months or older) need to have a chart at the Indian Health Service. If you are expecting a baby, use the parents chart number to put on the referral from I.H.S. If your child needs a seat, put child's chart number. **(This is to assure that those we give car seats to are members/descendants of a federally recognized tribe)**

Second - Go to a program within I.H.S. to obtain a referral for a car seat. Try to bring your child with you so a height and weight can be put on referral. **(This is easier to fit the child to the seat)**

Third - Bring referral to the Health Education Program, located in the CHR building. Next to Community Access building.

Fourth - Health Education Staff will assist you with the seat and will make sure you understand how to install the seat. Each child can receive up to three seats from Health Education. First seat is infant, second seat is toddler, and last is booster seats. Each seat is for a different age/weight/height.

***Remember all children younger than one year old need to face the rear of the vehicle. This is to help protect the child's neck in a crash.**

The Health Education Program has two Certified Passenger Seat Technicians. If you have any questions, please call our office at 208-478-3965.

Sun Safety Tips Prevent Skin Cancer

June 14-18, 2010
Certified Nursing Assistants
(CNA) Week



Skin Conditions: Sun Safety Tips
(WEBMD.com)

Many people love the warm sun. The sun's rays make us feel good, and in the short term, make us look good. But our love affair isn't a two way street: Exposure to sun causes most of the wrinkles and age spots on our faces and is the number one cause of skin cancer.

In fact, sun exposure causes most of the skin changes that we think of as a normal part of aging. Over time, the sun's ultraviolet (UV) light damages the fibers in the skin called elastin. When these fibers breakdown, the skin begins to sag, stretch, and lose its ability to go back into place after stretching. The skin also bruises and tears more easily -- taking longer to heal. So while sun damage to the skin may not be apparent when you're young, it will definitely show later in life.

How Does the Sun Change My Skin?

Exposure to the sun causes:

Pre-cancerous (actinic keratosis) and cancerous (basal cell carcinoma, squamous cell carcinoma and melanoma) skin lesions

Benign tumors

Fine and coarse wrinkles

Freckles

Discolored areas of the skin, called mottled pigmentation

A yellow discoloration of the skin

The dilation of small blood vessels under the skin

How Can I Protect My Skin From the Sun?

Nothing can completely undo sun damage,

although the skin can sometimes repair itself. So, it's never too late to begin protecting yourself from the sun. Follow these tips to help prevent sun-related skin problems:

Apply sunscreen with a sun protection factor (SPF) of 15 or greater 30 minutes before sun exposure and then every few hours thereafter

Select cosmetic products and contact lenses that offer UV protection

Wear sunglasses with total UV protection

Wear wide-brimmed hats, long sleeved shirts and pants

Avoid direct sun exposure as much as possible during peak UV radiation hours between 10:00 a.m. and 3:00 p.m.

Perform skin self-exams regularly to become familiar with existing growths and to notice any changes or new growths

Eighty percent of a person's lifetime sun exposure is acquired before age 18. As a parent, be a good role model and foster skin cancer prevention habits in your child

Avoid tanning beds

Reviewed by doctors at [The Cleveland Clinic Department of Dermatology](#).



PAK



PAK (Physical Activity Kit) was done with the Early Intervention After-school Program. PAK instructor Iola Hernandez, from Health Education, joined in playing traditional Indian games modified for children and adults. Some games don't take any equipment and some used very little equipment. The point of the games was to include everyone; no one standing on the side lines watching, more movement, and work as a team. The children caught on to the games quickly and had fun. We started in October 2009 and this picture was taken May 6, 2010, the end of our classes. Now the After-school Program will be walking with the Pedometers.

Lyme Disease (WEB MD.com)

Lyme disease, sometimes referred to as Lyme infection, is a bacterial illness, transmitted to humans by the bite of deer ticks (Ixodes ticks) carrying a bacterium known as *Borrelia burgdorferi*. The disease has been reported in the Northeast, Mid-Atlantic, North Central, and Pacific coastal regions of the United States and in Europe, where it was first described almost 100 years ago. It is most prevalent in the northeastern states of the United States, with about half of all cases clustered in New York and Connecticut.

Doctors at New Haven's Yale Medical Center first described and named Lyme disease in the United States in the late 1970s. An unexpected number of residents in Lyme, Connecticut, were found to have a "new" and unusual illness.

Fortunately, less than 5% of tick bites in high-contact areas result in Lyme infections.

Doctors have learned a great deal about the illness since that original cluster of people was observed. Treatments are available for Lyme disease.



Firework Safety

"An American Tradition"

- Follow the laws
- Use Common Sense
- Use open, clear areas

For Fire Station call 478-3782

Eat more fruits and vegetables!