

Pit River Health Service, Inc.

To provide the highest quality healthcare services to our patients, making all possible efforts to raise the standards of healthcare for our Tribal members and others we serve

Volume 1, Issue 1

Quarterly Newsletter

March 2009

Employee Spotlight

State of California



Licensing Score

Because of commitment, professionalism and dedication, Pit River Health Service received an 'Excellent' review from the Department of Health Service, Indian Health. According to the state review team, "Pit River Health Service will most likely score in the high 98—99% out of the possible 100% scoring." Every single department scored in this range.

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Laura Kirk has been employed with Pit River Health Service, Inc. for the past 21 years. She has resided in Burney since 1954, after living in Mt. Shasta.

Laura started at Pit River Health Services as the Dental Receptionist, and worked her way up to Medical Receptionist, Mental Health Receptionist and is now Interim Administrator, in addition to being the Administrative Secretary.

She has 3 children and 10 grandchildren, the latest being a boy born on February 10th. She enjoys interior decorating, sewing, playing piano, and gardening. Laura is a very helpful presence at the clinic, and we are grateful to have such a dedicated employee.



CURRENT EVENTS

Car Seat Check

Pit River Health Service, Inc., in conjunction with the Burney Fire Department, will hold a free car seat safety check that will be held in the Safeway parking lot in Burney on April 19th, 2009.

Diabetes Class

Diabetes classes are held every Tuesday (Adults) and Friday (Kids) at Pit River Health Service. These meetings are fun and educational, so please plan on joining us. Questions can be directed to Angela Diaz, 335-3651 ext. 141

"Health is not valued until sickness comes"
Thomas Fuller, 1608-1661

Flu Season

These steps can help you stay healthy, even at the height of flu season:

Get an annual flu vaccination. The best time to be vaccinated is October or November. This allows your body time to develop antibodies to the flu virus before peak flu season, which in the Northern Hemisphere is usually December through March. However, getting a flu shot later in the flu season may still protect you. It takes up to two weeks to build immunity following a flu shot.

Keep in mind that the flu vaccine doesn't offer complete protection, especially for older adults, but it can reduce the risk and severity of illness. According to the Centers for Disease Control and Prevention (CDC), when the match between flu vaccine and circulating strains of flu virus is close, a flu shot is between 70 and 90 percent effective in warding off illness in healthy people under age 65. It is less effective in older adults. Health experts recommend vaccinations for people over 50 because the flu shot may reduce the risk of flu-related complications, hospitalizations and deaths.

You can get the flu vaccine from your doctor, at public health centers and many pharmacies. In some areas, flu vaccines are also available at senior or community centers and at supermarkets.

Wash your hands. Thorough and frequent hand washing is the best way to prevent many common infections. Scrub your hands vigorously for at least 15 seconds, rinse well and turn off the faucet with a paper towel. Or use an alcohol-based hand gel containing at least 60 percent alcohol.

Eat right, sleep tight. A poor diet and poor sleep both lower your immunity and make you more vulnerable to infections. A balanced diet that emphasizes fresh fruits and vegetables, whole grains, and small amounts of lean protein works best for most people. On the other hand, the amount of sleep needed for a healthy immune system varies from person to person. In general, adults seem to do best on seven to eight hours of sleep a night. Older children and teens need more rest — between nine and 10 hours every night.

Exercise regularly. Regular cardiovascular exercise — walking, biking, aerobics — boosts your immune system. Exercise won't prevent infection, but if you do come down with the flu, you may have less severe symptoms and recover more quickly than do people who aren't as fit.

Avoid crowds during flu season. Flu spreads easily wherever people congregate — in child care centers, schools, office buildings, auditoriums and public transportation. By avoiding crowds whenever possible during peak flu season, you reduce your chances of infection.

IS IT A COLD OR THE FLU?



Symptom	Cold	Flu
Aches	<i>Slight</i>	<i>Yes</i>
Chest Discomfort	<i>Mild to Moderate</i>	<i>Often Severe</i>
Chills	<i>Uncommon</i>	<i>Common</i>
Coughing	<i>Hacking Productive Cough</i>	<i>Dry Productive Cough</i>
Fever	<i>Rare</i>	<i>Present</i>
Headache	<i>Uncommon</i>	<i>Common</i>
Sneezing	<i>Common</i>	<i>Uncommon</i>
Sore Throat	<i>Common</i>	<i>Uncommon</i>
Stuffy Nose	<i>Common</i>	<i>Uncommon</i>
Sudden Symptoms	<i>Appear Gradually</i>	<i>Appear 3-6 hours</i>
Tiredness	<i>Mild</i>	<i>Moderate - Severe</i>

Diabetes Care

The A1C Test

One way to keep track of your blood sugar changes is by checking your blood sugar at home. These tests tell you what your blood sugar level is at any one time.

But suppose you want to know how you've done overall. There's a test that can help. An A1C (also known as glycated hemoglobin or HbA1c) test gives you a picture of your average blood glucose control for the past 2 to 3 months. The results give you a good idea of how well your diabetes treatment plan is working.

In some ways, the A1C test is like a baseball player's season batting average. Both A1C and the batting average tell you about a person's overall success. Neither a single day's blood test results nor a single game's batting record gives the same big picture.

You know from the name that the test measures something called A1C. You may wonder what it has to do with your blood sugar control. Hemoglobin is found inside red blood cells. Its job is to carry oxygen from the lungs to all the cells of the body. Hemoglobin, like all proteins, links up with sugars such as glucose.

You know that when you have uncontrolled diabetes you have too much sugar in your bloodstream. This extra glucose enters your red blood cells and links up (or glycosylates)

with molecules of hemoglobin. The more excess glucose in your blood, the more hemoglobin gets glycosylated. It is possible to measure the percentage of A1C in the blood. The result is an overview of your average blood glucose control for the past few months.

How does the A1C test look backward? Suppose your blood sugar was high last week. What happened? More glucose hooked up (glycosylated) with your hemoglobin. This week, your blood glucose is back under control. Still, your red blood cells carry the 'memory' of last week's high blood glucose in the form of more A1C.

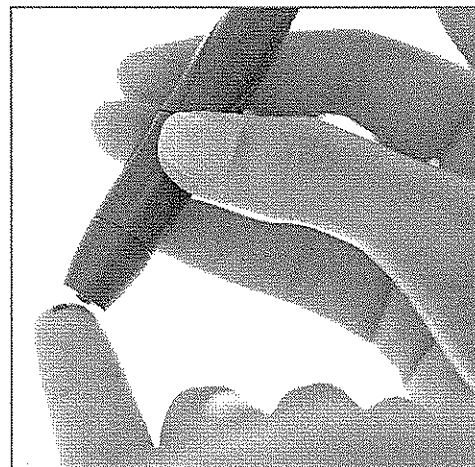
This record changes as old red blood cells in your body die and new red blood cells (with fresh hemoglobin) replace them. The amount of A1C in your blood reflects blood sugar control for the past 120 days, or the lifespan of a red blood cell.

In a person who does not have diabetes, about 5% of all hemoglobin is glycosylated. For someone with diabetes and high blood glucose levels, the A1C level is higher than normal. How high the A1C level rises depends on what the average blood glucose level was during the past weeks and months. Levels can range from normal to as high as 25% if diabetes is badly out of control for a long time.

Although the A1C test is an important tool, it can't replace daily self-testing of blood glucose. A1C tests don't measure your day-to-day control. You can't adjust your insulin on the basis of your A1C tests. That's why your blood sugar checks and your log results are so important to staying in effective control.

The A1C test alone is not enough to measure good blood sugar control. But it is good resource to use along with your daily blood sugar checks, to work for the best possible control.

Source: American Diabetes Association, December 2007



The Top Ten Reasons For Diabetics To Stay Active

1. **Improve blood glucose management.** Activity makes your body more sensitive to the insulin you make. Activity also burns glucose (calories). Both actions lower blood glucose.
2. **Lower blood pressure.** Activity helps your heart pump stronger and slower.
3. **Improve blood fats.** Exercise can raise good cholesterol (HDL) and lower bad cholesterol (LDL) and triglycerides. These changes are heart healthy.
4. **Lower blood pressure.** Activity helps your heart pump stronger and slower.
5. **Lose weight and keep it off.** Activity burns calories. If you burn enough calories, you'll trim a few pounds. Stay active and you'll keep the weight off.
6. **Lower risk for other health problems.** Reduce your risk of a heart attack or stroke, some cancers, and bone loss.
7. **Improve blood fats.** Exercise can raise good cholesterol (HDL) and lower bad cholesterol (LDL) and triglycerides. These changes are heart healthy.
8. **Relieve stress.** Work out or walk off daily stress.
9. **Build stronger bones and muscles.** Weight-bearing activities, such as walking, make bones stronger. Strength-training activities, such as lifting light weights (or even cans of beans), make muscles strong.
10. **Take less insulin or diabetes pills.** Activity can lower blood glucose and weight. Both of these may lower how much insulin or diabetes pills you need to take.

Source: American Diabetes Association

Quitting is easier with help
Do You Want To Quit Smoking?

1-800-NO-BUTTS

**The 2008—2009 Pit River
Health Services Board**



Ignacio Venegas, Chairperson
Lauri Hayward, Vice-Chairperson
Bill George, Treasurer
Leah Hursey, Secretary
Wayne Gibbs, Board Member



Free Assistance Preparing Your Tax Return

This tax season, California Indian Legal Services is providing free tax return assistance to low and middle income taxpayers using I-CAN! e-filing. This program guides you through a simple series of questions, with the end product being your completed state and federal tax forms. This program serves most households with simple tax situations. Don't pay high fees to commercial tax preparers who promote high interest Refund Anticipation Loans.

Tax return assistance will be available over the phone through CILS at **800-743-8941** or through a link on the CILS web-page at **www.calindian.org** beginning Friday, January 20, 2009. The program is specially designed to ensure that eligible taxpayers claim the earned income tax credit. The EITC is a special credit for low-income workers. It is often overlooked, even though it can add thousands of dollars to your tax return. CILS helped with development of the I-CAN! e-file program to ensure that many of the special income tax issues facing Indian taxpayers are addressed.

Cell Phones Are Distracting To Child Pedestrians

For the first time, a new study examined how cell phone usage distracts preadolescent children while crossing the street. Researchers from the University of Alabama at Birmingham used data from children aged 10 to 11 years in simulated road crossings in an interactive, virtual pedestrian environment. Distraction was only by cell phone conversation with a research assistant, not by other commonly used devices such as portable audio players or text messaging. Results indicate that when distracted, children were less attentive to traffic, left less time between themselves and the next oncoming vehicle, and were involved in more collisions and near misses. While cell phones offer convenience and safety to families, the study authors indicate that pedestrians - especially children - are likely to be more distracted than adults, and should limit cell phone use while crossing the street.

Source: American Academy of Pediatrics

PLEASE REMEMBER
You must stop by the Intake
office before every appoint-
ment. We are constantly up-
dating our records, so please
allow the time to stop by and
see our Intake Clerk with
every visit. Thank you.

Quick Minestrone Soup

from the pages of Diabetic Gourmet Magazine

Ingredients

1/4 pound lean ham, cut into small pieces
 1 can (10-3/4 oz.) condensed onion soup
 2 cups canned tomatoes (with juice), cut into pieces
 1/2 cup each: diced carrot and celery
 1 medium zucchini, diced
 1 large clove garlic, minced
 1/3 cup minced fresh parsley
 1 bay leaf
 1/4 teaspoon each: thyme, marjoram, basil and pepper
 5 cups water
 1 cup broken uncooked spaghetti
 1 can (15 oz.) navy or other white beans, undrained
 1/4 cup grated Parmesan cheese

Directions

In a large soup pot, combine ham, soup, tomatoes, carrot, celery, zucchini, garlic, parsley, bay leaf, thyme, marjoram, basil, pepper and water. Simmer, covered, for 1 hour.

Add spaghetti and beans with liquid and cook 30 minutes longer. Remove bay leaf. Sprinkle each serving with Parmesan cheese.

Nutritional Information Per Serving
 Calories: 122
 Protein: 8.9 g
 Sodium: 871 mg
 Cholesterol: 6.1 mg
 Fat: 2.4 g
 Carbohydrates: 17.2 g
 Exchanges: 1 Lean Meat, 1 Bread/Starch



CONTRACT HEALTH SERVICES

The CHS Program is established to assist Indian patients with the costs of Medical & Dental services that cannot be provided at the local direct care clinics. Use of the limited CHS funds is strictly regulated by the Federal Government as to who is eligible and how funds may be used to pay for patient services. Alternate resources such as private insurance, Medi-Cal, Medicare, etc. must be used before IHS funds can be used to pay the costs of patient care. CHS funds may be for provided for services to patients treated in the Pit River Health Clinic and referred by Pit River Health providers to the extent that the patient is eligible for direct services and lives in the Tribe's contract health service delivery area. Individuals requesting CHS services must make a good faith effort to apply

for alternate resources for which they may be eligible. Payment for CHS services is limited to those services which fall within the priorities of care approved by PRHS and the Board of Directors. The current level of care approved are Level I and Level II. CHS appointments to medical and dental providers outside the PRHS facility must be made by a referral from one of the providers. Each referral is good for one month; if a patient gets a referral and does not make an appointment within 30 days, the referral is void. The patient would have to see the provider again to receive another referral. Also, a referral must be generated from PRHS before transportation is scheduled. In emergency cases, an eligible person shall **within 72 hours** after the beginning of treatment notify Pit River Health Service of the treatment and provide information to deter-

mine the need for services, which include prescriptions received from the E.R. visit. All prescriptions must have prior authorization by CHS or we will not be responsible for the payment of the prescription. Remember, prescriptions issued by PRHS providers will be approved or denied by CHS. Also, CHS will not pay for over-the-counter medications except for aspirin, even if the referring provider prescribes it.



DENTAL NEWS

Clarissa is our new Dental Health Hygienist here at Pit River health. She has been living in the Burney area since 1987. She graduated from Burney High School in 2001 and also from the Shasta College Dental Hygiene Program in 2008. She is very happy working here at Pit River Health Service since she is now able to assist the people of her local community; also because it is closer to home and those days of commuting over the mountain to Redding are a thing of the past. Before hiring Clarissa, hygiene services were only offered one day a week; now those services are offered four days a week in Burney to accommodate all of our patients' needs.



A Simple Test for Stroke

Untrained adults can identify symptoms of a stroke by asking a person to:

- Smile**
- Raise both arms**
- Speak a simple sentence coherently**

Signs of a stroke include:

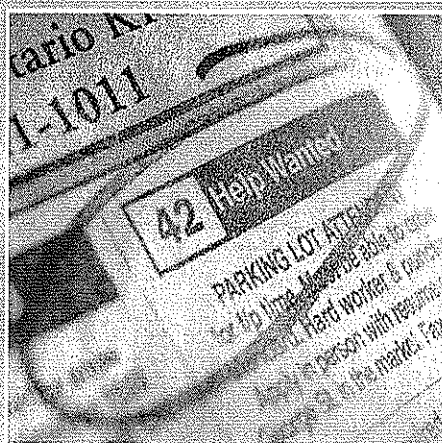
- Sudden numbness or weakness of the face, arm or leg, mainly on one side
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Call 9-1-1 immediately if you experience symptoms!

Time lost is brain lost!

INTERESTING DIABETES FACTS

- There are about 250 million people with diabetes
- Type 1 diabetes is growing by 3% per year in children and adolescents
- It is estimated that 70,000 children under 15 develop type 1 diabetes each year (200 children a day)
- Of the estimated 440,000 cases of type 1 diabetes in children worldwide, more than a quarter live in South-East Asia, and more than a fifth in Europe.
- In the U.S., it is estimated that type 2 diabetes represents between 8 and 45% of new-onset diabetes cases in children



Pit River Health Service, Inc. has employment opportunities for the following positions:

- ◆ Behavioral Health Director/LCSW
- ◆ Escort Driver
- ◆ Family Practice Physician
- ◆ RN/Clinic Manager

All positions are full time. For more information, contact John Cunningham at (530) 335-5090 or by email johnc@pitriverhealthservice.org

Get Heart Smart!

February is Heart Disease Awareness month. Here's some cholesterol information to get you started towards your goal of a healthy heart.

Why Is Cholesterol Important?

Your blood cholesterol level has a lot to do with your chances of getting heart disease. High blood cholesterol is one of the major risk factors for heart disease. A risk factor is a condition that increases your chance of getting a disease. In fact, the higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack. Heart disease is the number one killer of women and men in the United States. Each year, more than a million Americans have heart attacks, and about a half million people die from heart disease.

How Does Cholesterol Cause Heart Disease?

When there is too much cholesterol (a fat-like substance) in your blood, it builds up in the walls of your arteries. Over time, this buildup causes "hardening of the arteries" so that arteries become narrowed and blood flow to the heart is slowed down or blocked. The blood carries oxygen to the heart, and if enough blood and

oxygen cannot reach your heart, you may suffer chest pain. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack. High blood cholesterol itself does not cause symptoms, so many people are unaware that their cholesterol level is too high. It is important to find out what your cholesterol numbers are because lowering cholesterol levels that are too high lessens the risk for developing heart disease and reduces the chance of a heart attack or dying of heart disease, even if you already have it. Cholesterol lowering is important for everyone--younger, middle age, and older adults; women and men; and people with or without heart disease.

What Do Your Cholesterol Numbers Mean?

Everyone age 20 and older should have their cholesterol measured at least once every 5 years. It is best to have a blood test called a "lipoprotein profile" to find out your cholesterol numbers. This blood test

is done after a 9- to 12-hour fast and gives information about you:

- *Total cholesterol*
- *LDL (bad) cholesterol*--the main source of cholesterol buildup and blockage in the arteries
- *HDL (good) cholesterol*--helps keep cholesterol from building up in the arteries
- *Triglycerides*--another form of fat in your blood

What Affects Cholesterol Levels?

A variety of things can affect cholesterol levels. These are things you can do something about:

Diet. Saturated fat and cholesterol in the food you eat make your blood cholesterol level go up. Saturated fat is the main culprit, but cholesterol in foods also matters. Reducing the amount of saturated fat and cholesterol in your diet helps lower your blood cholesterol level.

Weight. Being overweight is a risk factor for heart disease. It also tends to increase your cholesterol. Losing weight can help lower your LDL and total cholesterol levels, as well as raise your HDL and lower your triglyceride levels.

Physical Activity. Not being physically active is a risk factor for heart disease. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol levels. It also helps you lose weight. You should try to be physically active for 30 minutes on most, if not all, days.

Things you cannot do anything about also can affect cholesterol levels. These include:

Age and Gender. As women and men get older, their cholesterol levels rise. Before the age of menopause, women have lower total cholesterol levels than men of the same age. After the age of menopause, women's LDL levels tend to rise.

Heredity. Your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families.

What Is Your Risk of Developing Heart Disease or Having a Heart Attack?

In general, the higher your LDL level and the more risk factors you have (other than LDL), the greater your chances of developing heart disease or having a heart attack. Some people are at high risk for a heart attack because they already have heart disease. Other people are at high risk for developing heart disease because they have diabetes (which is a strong risk factor) or a combination of risk factors for heart disease. Follow these steps to find out your risk for developing heart disease.

Source: U.S. Department of Health & Human Services



Pit River Health Services, Inc.
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Non-Profit Bulk
Rate Permit #8