

KUSKO MEETS Mr. TOOTH!

K-300 Sled Dog Race venue for historic encounter

Famous Delta Action Figures team up to promote Flu Shots, Oral Health



Photo by Rob Filipczak

The start of the World Famous Kuskokwim 300 Sled Dog Race in Bethel last month was the scene of the thrilling meeting of two health promotion giants—the YK Delta Immunization Coalition’s Kusko the Dog and Mr. Tooth, the YKHC Dental Dept.’s Smile Alaska Style mascot.

Together, these two powerhouse characters pack a one-two punch for better health: Get your shots and brush your teeth! YKHC Dental sponsors the Bogus 150 Sled Dog Race. Kusko has a raffle going in YK Delta Villages: Get your shots up to date, get a chance to win a Kusko stuffed doll! (check your local clinic for details.

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Toll Free	1-800-478-3321
Public Relations	543-6038
Media Services	543-6030
Office of Environmental Health & Engineering	543-6420
Technology Help Desk	543-6070
Human Resources	543-6060
Administration	543-6020
Hospital	543-6300
Emergency Room	543-6395
Hospital Community Relations	543-6350
Social Services	543-6225
Family Medicine Clinic Appointments	543-6442
	1-800-478-3321
Dental Appointments	543-6229
Optometry Appointments	543-6336
Audiology Appointments	543-6466

Subregional Clinic Appointments	
Aniak	675-4556
Emmonak	949-3500
St. Mary's	438-3500
Toksook Bay	427-3500
Public Health Nursing	543-2110
Pharmacy	543-6382
Travel Management Center	543-6360
WIC Program	543-6459
Health Services	543-6024
Village Operations	543-6160
CHAP	543-6160
ICEMS	543-6080
Community Health & Wellness	543-6190
Behavioral Health Services	543-6100
Phillips Ayagnirvik	543-6700
Village Services	543-6740
Home Care Services	543-6170

YKHC Board & Committee Meetings

2008



February 19

Finance Committee

February 20–21

Executive Board

March 18

Finance Committee

March 18–19

Hospital Governing Body

April 1–2

Tribal Gathering XV

April 22

Finance Committee

April 23–25

Semi-Annual Full Board Meeting

May 27

Finance Committee

May 27–28

Hospital Governing Body

August 19

Finance Committee

August 20–21

Executive Board

September 23

Finance Committee

September 23–24

Hospital Governing Body

'Tis the Season for Colds, Flu and RSV

January, February, and March are the months when Respiratory Syncytial Virus (RSV), Influenza (flu), and upper respiratory infections are most prevalent in the Yukon Delta. In fact, we are seeing the seasonal trend start to increase.

RSV, is a virus that is a common cause of Bronchiolitis and pneumonia. Symptoms of RSV include fever, runny nose, cough, and sometimes wheezing. It may take 1 to 2 weeks to recover from the RSV virus. Younger children, especially babies, may become sicker than older children or adults with the virus.

RSV spreads easily through contact. The RSV virus can live for several hours on surfaces. If you touch something a person infected with RSV touches, you can get the virus and pass it on to others.

Please help to ensure your safety and health, and especially our young children and elders, by following these guidelines:

- Wash hands frequently.
- Avoid sharing cups, glasses, and eating utensils with persons who are ill.
- During illness times, try to avoid kissing children and infants directly on their lips; (kiss them on the top of their heads.)
- Cough into your arm, not onto your hands.
- Wash hands after blowing your nose.
- Wash toys, door knobs, and telephones frequently with a sanitizing solution.
- If you are sick, STAY HOME! You risk infecting others. Get rest; drink plenty of fluids, especially water and juices.
- If you don't have soap and water available, use a waterless hand cleaner. (This does not replace hand washing, but will help when soap and water are not available.)
- Get your influenza and pneumonia vaccines if you haven't done so yet.
- Keep infants and young children at home; avoid large crowds. Children three years old and younger are at increased risk for serious complications from RSV, flu, and colds.

*Wash your hands,
Cover your coughs
and sneezes*




Included below are links to the State of Alaska Epidemiology website where posters and bookmarks may be downloaded. If you have questions, you can get more information from the Centers for Disease Control and Prevention (CDC) website, listed below, or by contacting the Bethel Regional Public Health Center at 1-800-478-2110.

Quyana, and thank you, for helping to keep your communities healthy!

<http://www.cdc.gov/ncidod/dvrd/revb/respiratory/rsvfeat.htm> (CDC fact sheets re RSV)

http://www.epi.hss.state.ak.us/id/dod/rsv/RSV_Posters.pdf (Posters)

http://www.epi.hss.state.ak.us/id/dod/rsv/RSV_RackCard.pdf (Bookmarks)



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February is American Heart Month

by Annette Coyle, RD LD, Clinical Diabetes Educator



True or False?

1. Heart disease is the leading killer of Americans today.
2. If you have diabetes you are more likely to have a heart attack than a person without diabetes.
3. Indigestion or nausea may be a sign of a heart attack.
4. Women are more likely than men to have a fatal heart attack.
5. Men and women can have different heart attack symptoms.
6. You can reduce your chances of having a heart attack.
7. Because the high blood sugar associated with diabetes damages blood vessels, people with diabetes are at greater risk of having a heart attack than are people without diabetes.

All of the above statements are true.

Heart Disease—Bad News / Good News

Heart disease kills more than 650,000 Americans each year. That is 100 times the population of Bethel. That is the entire population of Boston, Massachusetts. That is a lot of people. But there is good news! Because heart disease is related to lifestyle choices, it can often be prevented.

According to the American Heart Association and the Mayo Clinic, these are the most important things you can do to improve your heart health:

Do not smoke or use tobacco products

YKHC has a tobacco cessation program. Counselors there will help you figure out a plan to eliminate tobacco from your life. Call 543-6312 for more information. Remember that no amount of tobacco use is safe.

**Call Diabetes Prevention & Control:
907-543-6133 or 1-800-478-3321 ext. 6133**

Get Moving

When you lead an active lifestyle you reduce your risk of fatal heart disease by 25 percent! Leading an active lifestyle doesn't have to be complicated. Walk instead of taking the snow machine or 4-wheeler, participate in open gym, go ice fishing, play basketball, dance, pick berries, get together with friends and do an exercise video, chop wood, sweep the floor. Do anything that gets your body moving and your heart pumping.

Improve your eating habits

To protect your heart, it is important to eat a diet rich in fruits, vegetables, whole grains, low-fat dairy products and lean meats and fish. Caribou, moose, salmon, beaver, seal are all excellent foods. It can be hard to buy fresh fruits and vegetables on the Delta. Remember that canned and frozen fruits and vegetables are good choices. Dried fruits can be used in a variety of ways. In season, gather wild tundra greens. Look for the whole grain label on cereals, breads and pasta products. Try adding barley to soup instead of macaroni. Use brown rice instead of white rice. Avoid trans fats.

Maintain a healthy weight

Losing even a small amount of weight is beneficial to your heart. It also can reduce your blood pressure, cholesterol and reduce your risk of getting type 2 diabetes. Eat sensibly and avoid fad diets.

Get regular health screenings

Have you heard that old saying "An ounce of prevention is worth a pound of cure?" Preventing health problems before they occur makes a lot more sense than trying to fix them afterwards. Getting regular health screenings can help you stay healthy. High blood pressure and high cholesterol can damage the vessels in your heart. Get your blood pressure and cholesterol checked regularly. Your health care provider or health aide can help you.

Take care of your heart and it will take care of you!

sources: www.mayoclinic.com, www.americanheart.org

Fire Stops With You— a National Burn Awareness Week message

by Trish Naughton, PHN

While Fire Safety Week is observed each year in October, National Burn Awareness Week, observed February 3–9, reminds people of the need for burn prevention. The Shriners' Children's Hospitals sponsor this awareness week every year. The 2008 theme focuses on the prevention of gasoline-related burns.

Some facts:

Nationally, in one year, there are approximately 1.1 million burn injuries, 4,500 deaths related to gasoline burn injuries, and more than 10,000 burn-related infections.

Children 10–14 years of age are most at risk for needing treatment for gasoline-related burn injuries.

Some gasoline safety tips:

- Gasoline and containers should only be handled by responsible adults.
- Gasoline should be stored only in approved safety containers, in well-ventilated areas not attached to the house, and away from all heat sources.
- Gasoline should *not* be used indoors, and should *not* be used to start fires in barbecues or stoves.
- Gasoline should *not* be siphoned by mouth. It is harmful and can be fatal if swallowed. (If gasoline is swallowed, *do not* induce vomiting; seek immediate medical attention.)¹

Other ways to get burned

There are, of course, other sources of burn danger. Scalding burns can occur from steam, liquids, or foods, and according to the Burn Injury Reporting Systems in some states, have been a leading cause of burn injuries for the past 20 years.² According to Alaska's 2006 categories of burn injuries, 34 percent of all burn injuries occurred as a result of scalding.³ Infants, small children, elders, and those who have lost feeling in hands or feet, (e.g. diabetics, those with frostbite), are at special risk. (Interestingly, while most states have more reported burn injuries in the vulnerable age groups from 0–9 and over 70, Alaska's highest burn injury age group is from 30–39.)⁴

With the high cost of fuel and our severe and changing winter weather, some burns result from the use of heating pads or hot water bottles as people attempt to stay warm.

Risks for at-home fires continue to run high. According to the U.S. Fire Administration, 36 percent of residential home fires each year come as a result of heating fires. Many of these are related to creosote buildup in chimneys and stovepipes.⁵

These fire safety practices can help:

Keep fireplaces and woodstoves clean.

- Inspect and clean woodstoves annually.
- Use metal mesh screens and leave glass doors open while fire is burning.
- Keep air inlets on wood stoves open to help prevent creosote buildup.
- Use fire-resistant materials on walls near wood stoves and keep area free of clutter.

Protect both the inside and outside of house:

- If possible, use seasoned hardwood and build only small fires.
- Never burn cardboard boxes or other debris in fireplaces or woodstoves.
- Never leave fire unattended; extinguish fire before leaving house or going to bed. (Soak hot ashes in water and place in metal container outside of the house.)
- Stack firewood outside, at least 30 feet away from the house.
- Install smoke alarms and carbon-monoxide detectors. (These should be tested regularly and the batteries changed at least once a year. Seek prompt medical attention if you feel dizzy, light-headed or nauseous, as these could be signs of carbon monoxide poisoning.)⁶

If a burn does occur, some things to remember:

- Call 911 immediately.
- Cool a burn with cool water (never use grease, butter, or ointments on a burn).
- Do not attempt to remove clothing from burn.

Fire Safety and Burn Prevention does start with each individual and family. Be Safe!

Additional burn prevention information can be found at www.burnawarenessweek.org, www.ameriburn.org or www.fire.gov.

¹ *Ibid.*

² *Ibid.*

³ "Fire in Alaska 2006", www.dps.state.ak.us

⁴ *Ibid.*

⁵ "Fireplace and Home Fire Safety", www.usfa.fema.gov

⁶ *Ibid.*

The WORD from WIC

WOMEN, INFANTS & CHILDREN

Bone Health

Bone health is important during all stages of life, from childhood, through pregnancy, and into older adulthood. Bone is made up of living tissue that is always changing.

Osteoporosis is a disease that causes bones to become weak and break easily. There is no cure for the disease, but there is prevention. Optimizing peak bone mass and developing lifelong healthy bone behaviors during childhood are important ways to help prevent or minimize osteoporosis risk as an adult.

Pregnancy, Breastfeeding, and Bone Health

Both pregnancy and breastfeeding cause changes and place more stress on a woman's body. Some of these changes may have an effect on her bones.

During pregnancy, the fetus growing in its mother's womb needs plenty of calcium to develop its skeleton. Calcium is an important mineral for everyone, but one needs more calcium during pregnancy and breastfeeding because both the mother and baby need it.

This need increases during the last three months of the pregnancy. If the mother does not get an adequate amount of calcium, the baby will take what it needs from its mother's bones. Fortunately, any bone mass lost during pregnancy is typically restored within several months after the baby's delivery or within six months after breastfeeding ends.

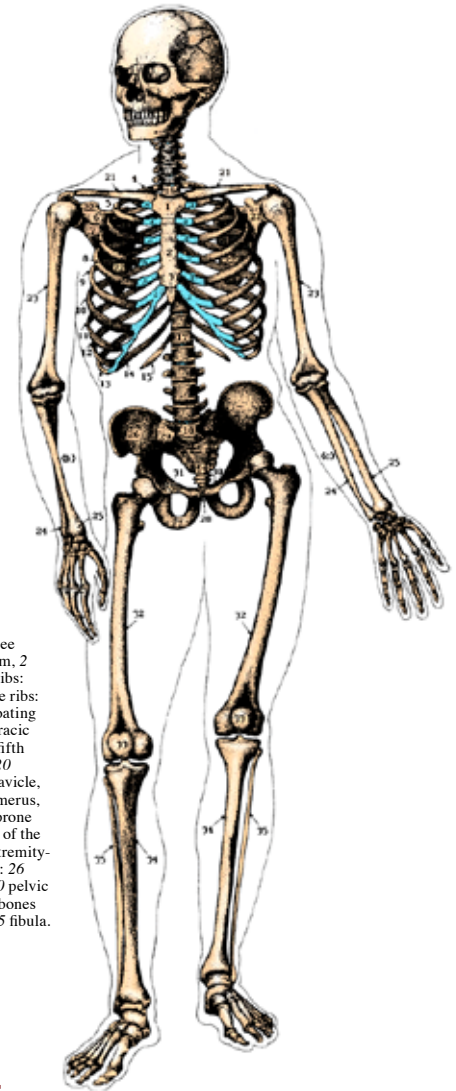
Kids and Their Bones

Bones support a child's growing body. During childhood and adolescence, more bone is added than is taken away as the skeleton grows in size and thickness. For most people, the amount of bone tissue in the skeleton peaks by the time they are in their late 20s, which makes youth the best time to work on bone health.

Tips to Keep Bones Healthy

Taking care of your bones is important throughout life. A balanced diet with adequate calcium, regular exercise, and a healthy lifestyle are good ways to help grow and maintain bone mass.

This means getting plenty of foods that are rich in calcium and vitamin D. Most kids get enough vitamin D from sunlight or from foods like fortified milk, but most do not get enough calcium in their diets to help ensure optimal peak bone mass. Any type of exercise is good, but the best ones to enhance bone health are weight-bearing activities, like walking, running, and basketball.



skeleton 1: Skeleton of Adult Man Head: see illustration at SKULL. Chest: 1 manubrium, 2 gladiolus, 3 xiphoid process, 4 to 10 true ribs: first to seventh ribs inclusive, 11 to 13 false ribs: eighth to tenth ribs inclusive, 14 and 15 floating ribs, a costal cartilage. Trunk: 16 first thoracic vertebra, 17 twelfth thoracic vertebra, 18 fifth lumbar vertebra, 19 fifth sacral vertebra, 20 coccyx. Upper Extremity--shoulder: 21 clavicle, 22 scapula. Upper Extremity--arm: 23 humerus, 24 ulna, 25 radius, b bones of forearm in prone position, c same in supine position. Bones of the hand see illustration at HAND. Lower Extremity--bones and principal parts of pelvic girdle: 26 ilium, 27 ischium, 28 pubis, 29 sacrum, 30 pelvic brim, 31 pelvic cavity. Lower Extremity--bones of the leg: 32 femur, 33 patella, 34 tibia, 35 fibula. Bones of the foot see illustration at FOOT

Good Sources of Calcium

- Low-fat dairy products, such as milk, yogurt, and cheese
- Dark green, leafy vegetables, such as broccoli
- Canned sardines and salmon with bones
- Foods fortified with calcium, such as orange juice, cereals, and breads

Calcium should come from food sources whenever possible. If one cannot get enough calcium from his or her diet, a calcium supplement can be taken. For best absorption, no more than 500 mg of calcium should be taken at one time.

Smoking

One may know that smoking is bad for the heart and lungs, but it is also bad for bones. There have even been several studies that have linked smoking to higher risk of fractures.

A balanced diet with adequate calcium and regular exercise are very important for mothers and their children, but good bone health is something everyone should try to achieve.

Source: National Institute of Health Osteoporosis and Related Bone Disease~ National Resource Center

Women, Infants & Children 907-543-6459
Call toll free: 1-800-764-6459

What is a Brain Attack?

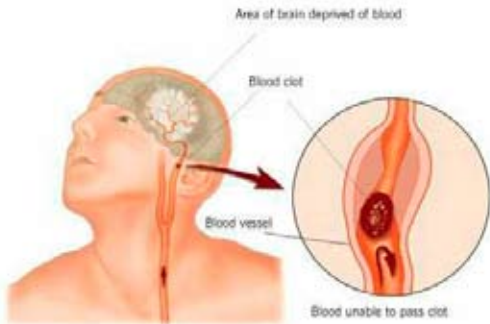
By Claudia Dunn, RN, BSN, PHN, YKHC Healthy Hearts Coordinator

When the term Cardiovascular Disease is used, most people think about Heart attacks.

Cardio means heart. This organ is responsible for circulating blood throughout the body. Vascular refers to the arteries, which carry oxygenated blood to the body's tissue and veins that carry deoxygenated blood from the tissues. Cardiovascular Disease can affect the entire body or just a portion, such as a vital organ to include the brain.

A Brain Attack is a stroke. It occurs when vital supplies of oxygen and blood are cut off due to blockage of an artery caused by a clot or the buildup of cholesterol plaque. It can also occur when an artery ruptures. The brain controls everything a human being does to include breathing, thinking and moving. In six minutes millions of brain cells can die.

Learning the symptoms of a stroke could save your life. Common symptoms include sudden weakness of the face, arm or leg—generally just on one side of the body, rapid confusion, trouble speaking or understanding, abrupt trouble with vision, either



seeing in one or both eyes and unexpected trouble walking, dizziness, loss of balance or coordination. Also, a severe headache of unknown origin with rapid onset can be among the symptoms of a stroke.

If these symptoms last for a short period of time it may be a Transient Ischemic Attack or TIA. TIAs indicate serious stroke risks. Strokes and TIAs are emergencies. If you have these symptoms call 911 or your community's emergency response number.

Immediate medical tests are needed to determine if you are having a stroke. If you are having a stroke or TIA, immediate medical treatment could save your life and improve your chances for recovery. Strokes are the third cause of death and the most costly debilitating condition in the United States.

Risk factors for strokes include high blood pressure, **see BRAIN ATTACK, p. 9**

For more information on Strokes contact the National Stroke Association at 1-800-787-6537, www.stroke.org or Take Heart Alaska at 1-888-465-3140, www.takeheart.alaska.gov



Know Your Medications

Keep a record of all medications

- Over-the-counter drugs (including vitamins, cold medicines, etc.)
- Herbal medications
- Prescriptions

On your medication list know...

- What the drug is for
- What the dosage is
- What time it needs to be taken
- What special instructions you have with the medication (does it need to be taken with food, before meals, do you have routine lab work that must be followed, etc.)

Update your medications list

- At all doctor visits
- Every time you visit the hospital, even a visit to the emergency room

Keep a personal record

- Include birthday, existing medical conditions, immunization records, allergies, medical providers and their phone numbers, pharmacy, emergency contact and your health insurance information.



Always have your Personal Information and Medicine List available

This message is brought to you by your Pharmacy at the Yukon-Kuskokwim Delta Regional Hospital to meet the National Patient Safety Goal for Medication Reconciliation.

Dental Dept. Sponsors Bogus Creek 150

By DezBaa A. Damon, D.M.D.

YKHC Dental Clinic was proud to sponsor the Bogus Creek 150 Sled Dog Race for the second year in a row and participate in the Kusko 300 race as well.

Every year the YKHC Dental Disease and Prevention Program along with "Mr. Tooth" organizes efforts to raise oral health awareness through "Mushing for Brushing."

"Mushing for Brushing" began this year with a presentation for students at Kilbuck Elementary. Dentists Dr. Damon and Dr. Shoffstall, Dental Hygienists Rong Li and Bob Ward, and Dental Assistants Denise Anvil and Lucy Patrick discussed five ways to maintain a healthy smile:

1. Brush your teeth at least two times a day
2. Do not rinse your mouth out after brushing with fluoride toothpaste
3. Floss every day
4. Drink plenty of water, especially after sugary snacks and drinks
5. Do not use tobacco—chew, iqmik, or cigarettes.

Andy Angstman's mushing dog, Zinc, also visited the school and we learned that he did not have to brush his teeth as much since he does not consume foods or drinks that are full of sugar. Zinc has no cavities.



The YKHC Dental Team visited Kilbuck Elementary to kick off the 'Mushing for Brushing' campaign: Denise Anvil, Bob Ward, Mr. Tooth, Juliann Tinker, Dr. DezBaa Damon, and Hygienist Rong Li.



Above: YKHC's Dental Dept. Sponsored the Bogus Creek 150 race for the second year in a row: "Mushing for Brushing." Below: Mr. Tooth greets a fan at the start of the race.

Meanwhile, at the Races...

At the start of the Bogus Creek 150 and the K-300 races, our dental team—Dr. DezBaa Damon, Dr. Robert Allen, Bob Ward, Fritz Charles, Denise Anvil, Juliann Tinker and "Mr. Tooth"—



handed out goodie bags. Each goodie bag included a toothbrush, toothpaste and information on how to properly brush and floss.

We also informed parents about the decay that we commonly see on teeth near the gum line. Without proper brushing, children develop plaque—a soft, gooey material that builds up on the teeth near the gum line and when it sits long enough on the tooth that is when cavities develop.

In addition to the enthusiasm surrounding the Kusko 300, our clinic was also excited about the initiation of the Dental Health Aide Therapist (DHAT) Program here in Bethel. Dental Health Aide Therapist students start their program in Anchorage and then complete their second year in Bethel. Current DHAT students Sheena Nelson, Daniel Kennedy, and Danielle Boston came out to help with "Mushing for Brushing."

The Bogus Creek 150 and K-300 events were a lot of fun and,

see MUSHING for BRUSHING, p. 9

The Day of the Bedbug or The Bedbug Returns

by Kelsey Hustedt and Jennifer Dobson,
Environmental Health Officers

We have probably all heard the saying, “Don’t let the bed bugs bite.” Ever wonder if there’s any truth to it? YES! Bed bugs could be hiding under your couch cushions, on your mattress, and in your carpet.

The good news is bed bugs are *not* a known public health hazard, and they are *not* known to transmit human diseases. That said, bed bugs are certainly a challenge to eliminate from the home! The best solution is to *prevent* a bed bug infestation in your home.

YIKES, I think I might have bed bugs in my home

Search them out by going on a bed bug hunt! The best time to catch these little critters is in the middle of the night when they leave resting places to feed on blood. Simply wait until late, get out the flashlight, and start examining bed linens, mattress (seams & edges), and pillows for small dark spots. Even if you do not see the actual pest itself, signs of its presence may be there.

Bed bugs may be found just about anywhere! Don’t forget to check other locations like couches, headboards, carpets, wall crevices, and other protected locations.

I found a weird looking bug! Is it a bed bug?

Bed bugs are ¼ inch long and brownish-red. They have flat egg-shaped bodies with

see **BED BUGS**, p. 12



Bed Bug

MUSHING FOR BRUSHING, from p. 8

as usual, it was great to visit with the community. Education is so important to the YKHC Dental Disease and Prevention Program; it is through events and programs like the Bogus Creek 150, the K-300, Mushing for Brushing and Smile Alaska Style that we can address the astonishing tooth decay rate in our region—a decay rate that is 2–3 times the national average. With continued efforts we hope to make substantial improvements.

We look forward to next year!

EMPLOYEE FOCUS – YEARS OF SERVICE



Left to Right: Wally Richardson, Ryan Thompson, Fred Lamont Jr., Minnie Steven, and Donna Carpenter.

Employees recognized for years of service

Congratulations to employees who reached years of service milestones in December and January. A special luncheon hosted by Senior Leadership was held on Wednesday, January 28th, to honor and recognize the commitment of the following employees:

5 Years: Donna Carpenter, KEYS; Judy Fancyboy, Pilot Station Clinic; Fred Lamont Jr., Laboratory; Tanya Matchian, Chevak Clinic; Elizabeth Medina, Scammon Bay; Linnea Stein, Inpatient. **10 Years:** Ryan Thompson, Patient Financial Services.

15 Years: Ruth “Wally” Richardson, Human Resources. **20 Years:** Minnie Steven, Developmental Disabilities.

BRAIN ATTACK, from p. 7

high cholesterol levels, an irregular heartbeat called atrial fibrillation, a history of a heart attack, TIAs or previous stroke and lifestyle factors such as tobacco usage, excess alcohol use, a diet low in fruits and vegetables and lack of physical activity. Please note unmanaged diabetes with complications can also increase stroke risks. If you have any of these conditions it is very important to work with your medical provider closely to prevent grave health problems.

The steps to decrease your risk of having a heart attack are the same measures needed to decrease your risk for a stroke. Know your blood pressure. If the reading remains higher than 130/80 frequently, work with your medical provider to get it controlled.

If you have atrial fibrillation, diabetes or high cholesterol, work with your medical provider to supervise these conditions. If you smoke, stop. If you choose to drink alcohol, do so in moderation only. Make exercise fun and an integral part of your daily life. Watch your salt and fat intake. Foods prepared from scratch generally have less sodium and hidden fats. Also remember to consume a diet rich in fruits and vegetables.

DELTA DOGS GET THEIR SHOTS



The Jimmie Family dog Trisky was one of about 50 pets vaccinated at the free Rabies Vaccination Clinic held Feb. 1 at the Bus Barn in Bethel. The free shots were administered through the YKHC Office of Environmental Health and the City of Bethel to help protect pets and citizens of Bethel from the rabies virus. Environmental Health Officer Brian Lefferts gives Trisky her rabies vaccination while Bethel City Animal Control Officer Gary Watson and Cyrus and Alvin Jimmie Jr. help out. Photo by Greg Lincoln, courtesy of the Delta Discovery.

Free rabies clinic brings in the pets

The City of Bethel sent two foxes to the State Virology Lab that came back positive for rabies this winter. In response, the Bethel Police Department (BPD) and the YKHC Office of Environmental Health and Engineering (OEHE) put on a free rabies clinic Feb. 1 to vaccinate animals. Anyone who brought their dog or cat by the City Bus Barn were provided a free rabies shot. The BPD also offered to microchip pets for a \$20 fee. A total of 51 dogs and cats were seen at the rabies clinic.

Rabies is a serious virus that will kill anyone who has been exposed and not treated before symptoms begin. For this reason anyone bitten or scratched by an animal should immediately inform their health care provider. Your provider will ensure a rabies investigation is completed by YKHC OEHE or BPD to determine if you need treatment. Vaccinating animals that frequently come into contact with humans is a proactive way to prevent the spread of the disease to people.

If you have not yet had your pet vaccinated please make an appointment with Dr. Bob Sept at the Bering Sea Animal Clinic. Dr. Sept is in town regularly and can be reached at 543-2823 to make an appointment.

Don't let smoking make a monkey out of you.

Call YKHC's Nicotine Control & Research and get help quitting
1-800-478-3321 or 543-6312



Goals 2008

NPARTET
 Our Road to Excellence

Patient Centered Excellence

Increase Press Ganey Scores of "Very Good" from 34 percent to 41 percent

Employee Focus

Increase On-Time Employee Evaluations from 75 percent to 100 percent

Alaska Native Workforce Development

Increase Graduation & Recruitment Rates for Qualified Alaska Natives in Nursing, Dental Health Aide Therapist & Physician Assistant Programs

Community & Partner Satisfaction

Increase Tribal Council Satisfaction Rate from 53 percent to 75 percent

Financial Viability

Exceed Budget Expectations

Working Together to Achieve Excellent Health
YUKON-KUSKOKWIM HEALTH CORPORATION



Got Air!

Aneryaarvingqertukut!

ATCA Tobacco Summit honors Bethel's ten-year Clean Air Act

On February 5 & 6, members of the Alaska Tobacco Control Alliance from around the state gathered for Alaska's second annual tobacco summit, honoring the city of Bethel's ten-year clean indoor air act.

The two-day summit featured a ten-year retrospective on the efforts of Bethel's ordinance addressing clean indoor air and worker health. Other presentations included community wellness and tobacco, the Alaska Tobacco Quit Line, best practices for comprehensive tobacco programs, and state and community interventions.

Traditional Yup'ik dancing by Ayaprun Elitnaurvik students opened the event along with Bethel's JROTC Color Guard presentation.

Dr. Tim McAfee, a sought-after international keynote speaker, and leader in tobacco control, addressed Best Practices for Comprehensive Tobacco Programs. McAfee is the Chief Medical Officer for Free & Clear, Inc., one of the largest stop-smoking programs in the nation.



Tobacco control expert Dr. Tim McAfee (left) and ATCA Summit Coordinator Brenda Holden (second from right) joined Carrie Enoch and Caroline Nevak of YKHC's Nicotine Control and Research Dept. to "envision a tobacco-free Alaska" at the second annual Tobacco Summit.



Students submitted poster ideas to help clear the air for the Tobacco Summit. Contest winner Nellie Carrol, 16, of Bethel, had the winning entry (left).



Following the awards ceremony Friday night, Upallret, a local Yup'ik dance group, and the Slough Beat Band, a favorite group among fiddle dancers, entertained the crowd.

On the final day, participants broke out into sessions on Youth Prevention, Cessation & Media Strategies; Quit Line Listening; Tobacco Tax; and a Community Prevention Grant Program.

Learn more about ATCA at www.alaskatca.org

**YKHC Nicotine Control & Research
1-800-478-3321 or 907-543-6312**

BED BUGS, from p. 9

six legs.

Don't worry, they can't fly but do move quickly across surfaces.

Still not sure if it's actually a bed bug? Check it out here: <http://www.hsph.harvard.edu/bedbugs/specimen.pdf>

I found bed bugs! Will they make me sick?

No. Bed bugs are certainly pests, but are not known to transmit human disease.

What do I do to get rid of them?

Bed bug infestations are difficult to treat. The most effective treatment strategies utilize both mechanical removal and chemical control.

Eliminate possible hiding places like bedding and laundry. Use a good, strong vacuum and don't forget to dispose of the bag immediately when done. Scrub cracks and crevices.

Pesticides can be ordered for use in the home. Be sure to read the label and follow instructions carefully! Repeat applications are recommended after 10-14 days.

What do I do with my furniture and bedding? Do I have to throw everything away?

You don't have to throw away your furniture! There are several different ways to treat bed bugs.

After having been cleaned, mattresses and box springs should be encased with sealed mattress bags. Check the bags for damage. If damaged, permanent tape can make a good repair kit. Bugs trapped inside will eventually die, but bags should be left on for one year. Keeping bed linens off the floor and applying petroleum jelly on bed legs may help keep bugs from crawling up into the bed.

Use extreme temperatures to your advantage, since bed bugs are very sensitive to both hot and cold! Use extra hot water for items that can be laundered. Hot water should be at least 120° F. Consider using the winter weather to your advantage. A temperature at or below 23° F for five days will kill bed bugs. Extra cold temperatures of -15° F or lower will kill bed bugs immediately! Keep in mind the core of these items (like the inside of a couch or mattress) must reach the aforementioned temperatures.

How do I keep bed bugs out of the home in the future?

Check your home for bed bugs periodically.

Be cautious when getting second-hand furniture. Inspect these items before bringing them into the home.

Vacuum regularly – floors, furniture, and mattresses. Don't forget the vacuum bag.

Seal crevices and make home repairs as needed.

I worried about getting bed bugs while traveling. Is there anything I can do to prevent taking them home with me?

Check the room you are staying in for signs of bed bugs. If you find any, you may want to consider staying elsewhere or in another room if possible.

Keep your luggage and clothing off the floor.

Upon arriving home, check your luggage for any signs of bed bugs. Vacuum out bags thoroughly, just in case.

Contact the YKHC Office of Environmental Health at 543-6420.

Watch for...



in your box next month.



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YUKON-KUSKOKWIM HEALTH CORPORATION
Tribal Unity Gathering

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April 1-2, 2008 ~ Bethel, Alaska

Our Children ~ Their Future