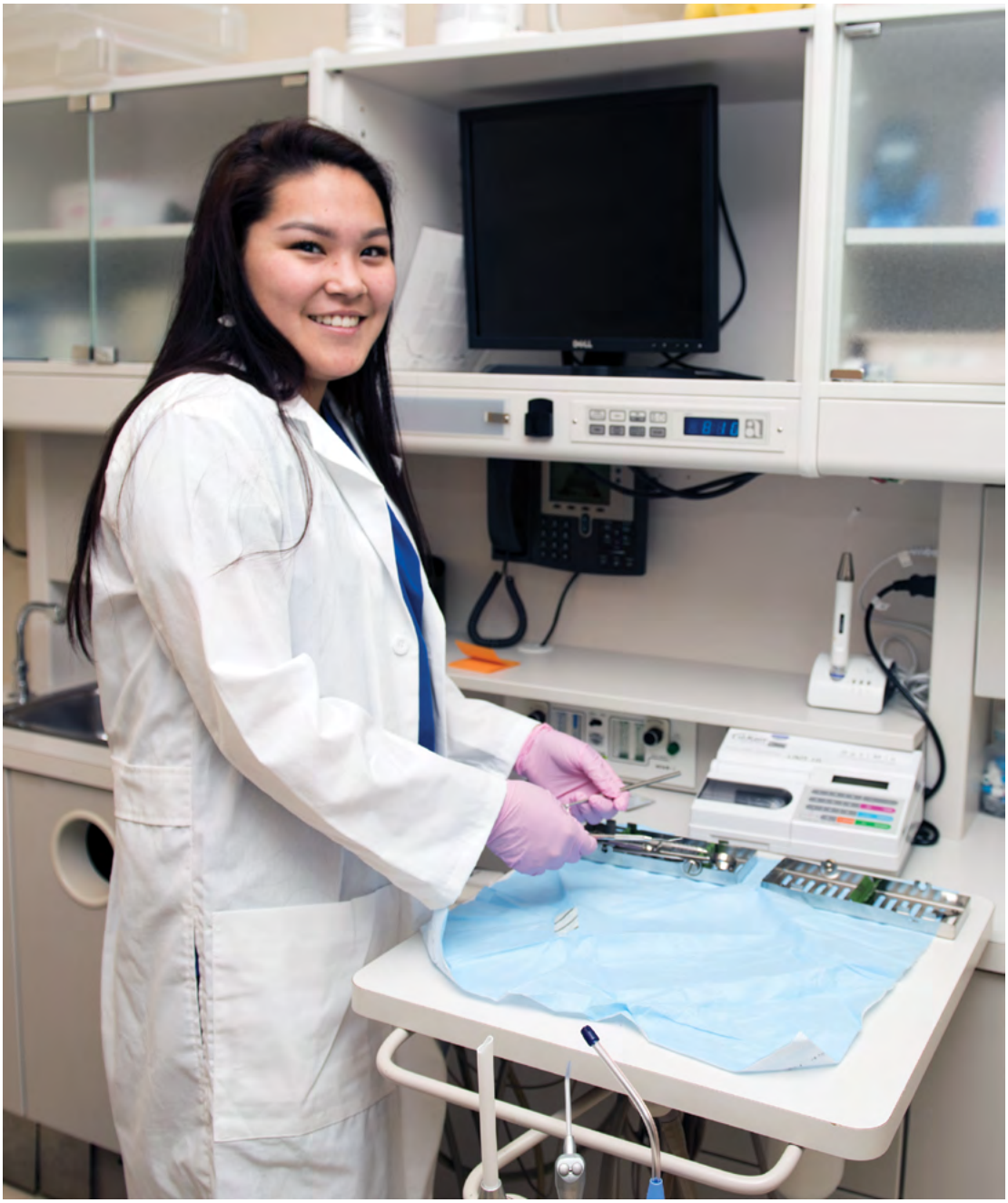
the Messenger
Yukon-Kuskokwim Health Corporation
Volume XXII No. 11 • November 2017



Meet Dental Health Aide Therapist Allison Ayapan. Allison is currently completing her preceptorship hours in the Bethel Dental Clinic before being placed in a community within the YKHC service area. Are you interested in becoming a DHAT? YKHC offers scholarships for DHAT training. See President & CEO Dan Winkelman's column on page 3 to learn more. Also, on page 8, Dr. Judith Burks writes about how DHATs are making a difference in oral health throughout the YK Delta and the state of Alaska.

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BRHS Health Center

Calling interested community members to participate in the high school clinic advisory council!

The goal of the Bethel Regional High School clinic is to provide accessible and confidential care to adolescents in the middle and high school community. The high school clinic opened August 2016 and has served the community for the past year.

Services provided include sports physicals, well visits, acute visits, confidential STI testing, pregnancy testing and counseling, and treatment from Public Health Nursing. The clinic can make referrals to behavioral health, dental, optometry, and all other consulting services as needed.

The priority of the clinic is to meet the needs of our target population. In order to do this, we are working with the high school student council to develop a student advisor role for the clinic. We are also forming a clinic advisory council that reperesents the members of the Bethel community who this clinic touches.

If you or someone you know is interested in representing the high school clinic, please email Elizabeth Sanseau: Elizabeth.Sanseau@ykhc.org or Mary Berliner: mary.berliner@alaska.gov.

RESOURCES

YKHC main switchboard 543-6000
Toll Free 1-800-478-3321

APPOINTMENTS
Outpatient Clinics
(Yukon, Kusko, Delta) 543-6442
Dental 543-6229
Optometry 543-6336
Audiology 543-6466

SUBREGIONAL CLINICS
Aniak 675-4556
Emmonak 949-3500
St. Mary's 438-3500
Toksook Bay 427-3500
Hooper Bay 758-3500

SERVICES
Inpatient (North Wing) 543-6330
Pharmacy 543-6382
Physical Therapy 543-6342
Women's Health 543-6296
Irnivik Birthing Center 543-6346
Behavioral Health Services 543-6100
Substance Abuse Treatment 543-6730
Sobering Center 543-6830
Developmental Disabilities 543-2762
Emergency Room 543-6395
Office of Environmental Health & Engineering, Injury Control & EMS ...543-6420

ADMINISTRATION & SUPPORT
Administration 543-6020
Human Resources 543-6060
Public Relations 543-6013
Travel Management 543-6360
Facilities & Maintenance 543-6203

BETHEL & REGIONAL RESOURCES
Public Health Nursing 543-2110
Tundra Women's Shelter 543-3444
Alaska State Troopers 1-800-764-5525

ATTENTION: If you speak Yup'ik, free translations services are available to you. Call 907-543-6603.

The Messenger is a monthly publication produced by the Yukon-Kuskokwim Health Corporation's Public Relations Department as a report to Tribal Members.

For questions, comments, submission of articles, or subscription information, write to Messenger Editor, Yukon-Kuskokwim Health Corporation, P.O. Box 528, Bethel, Alaska 99559; or call 907-677-2232.
E-mail: publicrelations@ykhc.org.

Deadline is the 10th of the month, or the preceding Friday if the 10th is on a weekend, for publication on the first of the following month.

The Messenger is also available for download on our website at www.ykhc.org/messenger. Please ask permission to reprint articles or pictures.

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Message from the President/CEO

Scholarship is a Great Opportunity to Serve Your Community

Dan Winkelman, President/CEO

I want to share with you a fantastic opportunity on how to become a healthcare provider. YKHC offers full scholarships to become a Dental Health Aide Therapist (DHAT). DHATs provide dental education, preventive and restorative services under the supervision of a dentist.

It's a two-year program. During the first year of the DHAT program, students attend academic classes in Anchorage.. Thereafter, students relocate to Bethel for their second year of instruction and clinical training.

YKHC's scholarship pays school tuition, a housing allowance and money for living expenses. By the end of the two-year program, each scholarship is worth more than $120,000 and requires only a four-year employment commitment to YKHC.

If you are highly motivated, have a great attitude, enjoy working closely with people and are interested in an exciting career that helps your community improve oral health, go to our website at **www.ykhc.org/dhat** for all the details.

Applications are due by January 15, 2018.

Sincerely,

Dental Health Aide Therapist Phylicia Wilde performs a dental exam. Read more about how DHATs are making a difference in rural Alaska communities on page 8.

YKHC Board of Directors

Unit 1

Mary Ayunerak
Alakanuk

Michael Hunt, Sr.
Kotlik

Unit 2

Geraldine Beans
St. Mary's

James C. Landlord
Mtn. Village

Unit 3

VACANT
Unit 3 Seat
Vacant

Betty Turner
Lower Kalskag

Unit 4

Phillip K. Peter, Sr
Akiachak

Mildred Evan
Akiachak

Unit 5

Stan Hoffman, Sr.
Bethel

Gloria Simeon
Bethel

Hugh Snyder
Bethel

Chris Larson
Napaskiak

Unit 6

Esai Twitchell, Jr.
Kasigluk

Unit 7

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Kwigillingok

Unit 8

Dale Smith, Jr.
Mekoryuk

James Sipary
Toksook Bay

Unit 9

Patrick Tall
Chevak

John Uttereyuk
Scammon Bay

Unit 10

Joshua Cleveland
Quinhagak

Unit 11

Marvin Deacon
Grayling

Honorary Board Member

James Charlie, Sr.
Toksook Bay

Welcome to YKHC's new Tobacco Prevention Program Coordinator

Please welcome YKHC's new Tobacco Prevention Program Coordinator Victoria Galanopolous.

Victoria comes to YKHC from Sherwood Oregon. While in Oregon she earned a B.S. from Portland State University with a focus on tobacco prevention and education programs.

For the past 10 years Victoria has been working in tobacco control to increase tobacco taxes as well as policy work that included leading Portland Community College to become the first tobacco-free community college in Oregon!

In addition to policy and legislative work, Victoria has most enjoyed working in tobacco cessation to help others break free from a tobacco addiction.

Victoria has one son who will be joining the Navy in December. She is excited to be joining us here at YKHC.

—Rahnia Boyer, VP of Workforce Development & Village Health

To find out about Substance Use DisorderTreatment options in the State of Alaska, visit the Division of Behavioral Health website at

dhss.alaska.gov/dbh

and scroll down to the pdf links in the middle of the page

Time to Learn More about Diabetes and You

November is National Diabetes Month and November 14 is World Diabetes Day! It is important to focus attention on diabetes and the millions of people affected by it. Did you know:

- Alaska Natives and American Indians are 2.2 times more likely to have diabetes compared to non-Hispanic whites?
- Diabetes rates in American Indian and Alaska Native youth aged 15-19 years increased by 68% from 1994-2004?
- 30% of American Indians and Alaska Natives are at high risk of developing diabetes?*

Join the Diabetes Prevention & Control Department at events near you to help increase awareness and screening for diabetes:

Screening Booths: *Are you at risk for diabetes?* Come find out at the weekly screening booths offered in the YKHC Hospital Main Lobby. Booths will be every Tuesday in November from 11 a.m.–1 p.m. All participants will be entered into a drawing for a prize! Winners selected and notified weekly.

Go Blue Campaign: The universal symbol for diabetes is a blue circle. Help us promote diabetes awareness by sending in selfies! Acceptable photo submissions may include:

- Blue attire
- You and your friends, coworkers, or family members forming a human blue circle
- The blue circle

Each person in the photo submission will be entered into a drawing for a prize! Deadline for photo submission is 5 p.m. on Friday, November 24. Include name and contact information for each person in the photo with submission to Diabetes_Program@ykhc.org. Winners will be notified and announced on Thursday November 30. Please note, if you submit a photo, it may be used or published in YKHC materials, such as the Napartet News, Messenger, etc. Contact the Diabetes Department at 543-6133 with questions.

Special Healthy Lunch Option: Available while supplies last at the YKHC cafeteria on November 14 from 11:30 to 1:30. Stop by the screening booth in the hospital main lobby for details.

Recipe Contest: Send in your recipes by 5 p.m. on Friday, November 24. Recipes must include:

- Detailed step-by-step preparation instruction
- List and quantify each ingredient
- Cooking times and number of servings
- A subsistence food
- A photograph of the completed recipe

Recipes will be evaluated by judges based equally upon the criteria: Originality, ease of preparation, presentation, and health promotion

Winners will be notified and announced on Thursday, November 30. All entries are eligible to be featured in the YKHC Messenger. Contact Anne Harper at 543 6133 with questions.

Submissions may be emailed to Diabetes_Program@ykhc.org or mailed to The Diabetes Department at P.O. Box 528, Bethel, AK, 99559.

Are you at risk for type 2 diabetes?

1. **How old are you?**
   Less than 40 years (0 points)
   40–49 years (1 point)
   50–59 years (2 points)
   60 years or older (3 points)
2. **Are you a man or a woman?**
   Man (1 point) Woman (0 points)
3. **If you are a woman, have you ever been diagnosed with gestational diabetes?**
   Yes (1 point) No (0 points)
4. **Do you have a mother, father, sister or brother with diabetes?**
   Yes (1 point) No (0 points)
5. **Have you ever been diagnosed with high blood pressure?**
   Yes (1 point) No (0 points)
6. **Are you physically active?**
   Yes (0 points) No (1 point)
7. **What is your weight category?**
   See chart at right.

ADD UP YOUR SCORE.

Height	Weight (lbs.)		
4′ 10″	119–142	143–190	191+
4′ 11″	124–147	148–197	198+
5′ 0″	128–152	153–203	204+
5′ 1″	132–157	158–210	211+
5′ 2″	136–163	164–217	218+
5′ 3″	141–168	169–224	225+
5′ 4″	145–173	174–231	232+
5′ 5″	150–179	180–239	240+
5′ 6″	155–185	186–246	247+
5′ 7″	159–190	191–254	255+
5′ 8″	164–196	197–261	262+
5′ 9″	169–202	203–269	270+
5′ 10″	174–208	209–277	278+
5′ 11″	179–214	215–285	286+
6′ 0″	184–220	221–293	294+
6′ 1″	189–226	227–301	302+
6′ 2″	194–232	233–310	311+
6′ 3″	200–239	240–318	319+
6′ 4″	205–245	246–327	328+
	1 point	2 points	3 points

If you weigh less than the amount in the left column: **0 points**

Adapted from Bang et al., Ann Intern Med 151:775–783, 2009.
Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at **diabetes.org/alertday** or call **1-800-DIABETES (800-342-2383).**

"Treatment and Care for American Indians/Alaska Natives." American Diabetes Association. www.diabetes.org. 10/12/2017

Breast Cancer: It isn't enough to KNOW, We must DO!

by Karen Sue Schooler RT(R)(M)(ARRT), Lead Mammographer

Each year in October, there is national attention given to Breast Cancer but to save lives here in Alaska we must discuss this with family and friends. In the past year several local residents have told me of losing young women in their 20s and 30s to breast cancer. This is so unnecessary with the technology available today.

The Mammography unit used in Bethel and taken to Sub-Regional Clinics can see little specks no bigger than the point on a pin. If women are checking their breasts regularly and find a small lump, they should get it checked immediately. This follow-up can be done in Bethel where Breast Ultrasound is used to obtain more information about the lump. The Breast Ultrasound is not available at the Mobile Mammography Screening Clinics at the SRCs.

When should we start examining ourselves? Answer: When the breasts are fully developed, regardless of age. If a young woman in her teens, 20s, or 30s discovers a lump, she goes first for Breast Ultrasound. That is the safest for young women in child-bearing years. Then the radiologist will determine if a mammogram is needed. Screening mammograms usually begin at 40 or 45 years of age.

A common complaint is breast pain. This is not always a symptom. Women experience breast pain throughout their lives. Often it is related to the changing estrogen levels in their bodies, like during a menstral cycle. It also depends on how much caffeine or alcohol have been consumed, if she experienced trauma -- like an accident, being hit, or bitten. However, continual breast pain lasting for several days should be checked.

We recently completed mammography clinics the SRCs. Among all five SRCs—St. Mary's, Aniak, Hooper Bay, Emmonak, and Toksook Bay—we were able to serve 151 women.

I was surprised to learn that a majority of women do not check their breasts regularly. This means a lump can go undiscovered and grow—which is not a good thing. Weaving Breast Health Into Our Lives booklets are free and should be available at your local clinic. If not, please call 907-543-6998 and speak to Karen or Audrina. We will be happy to send you a copy.

Most important: Be Smart, Be Informed, Take Care of Your Health!

Recipe of the Month

Moose Stew *(Serves 8)*

Ingredients

- 3-4 pounds moose roast meat
- 1-3 tablespoons vegetable oil, divided
- 2 medium onions, diced
- 3 celery stalks, diced
- 2 cloves garlic, minced
- 2 tablespoons tomato paste
- 2 tablespoons Worcestershire, divided
- 1 teaspoon salt
- 3 tablespoons all-purpose flour
- ½ cup red wine vinegar
- 3 sprigs fresh thyme or 2 teaspoons dried
- 1 bay leaf
- 4 cups stock
- 3 carrots, diced
- 1½ pounds red potatoes, cubed, with skin
- 1 cup frozen peas
- Low sodium seasoning

Instructions

1. Sear single layer of cubed moose meat in large Dutch oven over medium-high heat, add 1–2 tsp. oil. Sear on each side 4–5 minutes. Transfer seared meat to bowl and continue searing remaining meat in batches. Add oil between batches if needed.
2. Cook vegetables. Reduce the heat to medium; add 1 tsp oil. Add onions and celery; cook 8-10 minutes. Add the garlic; cook until fragrant, 30 seconds. Stir in the tomato paste, salt, and one tablespoon of Worcestershire sauce.
3. Add the flour. Sprinkle flour over the vegetables. Stir.
4. Deglaze. Raise heat to medium-high and pour in the vinegar. The vinegar should bubble and steam. Scrape the glaze from the bottom of the pan; the vinegar will help it to dissolve. Continue scraping and stirring until the vinegar has reduced and thicken slightly.
5. Return the meat to the pan and add the broth; add thyme sprigs, bay leaf, and stock. Stir.
6. Cover and cook. Bring to simmer; reduce the heat to low. Cover and simmer for 1½ hours. Stir occasionally.
7. Add the potatoes and carrots. Cover the pot again and continue cooking for another 45–60 minutes or until tender.
8. Add the peas and remaining seasonings. Stir in frozen peas. Add remaining tablespoon of Worcestershire sauce and a splash of vinegar. Remove the thyme stems and bay leaf. Taste and add season as needed. Serve right away, refrigerate for up to a week, or freeze for up to three months.

Nutrition information per serving:

Calories	403kcal
Protein	44g
Fat	10g
Carbohydrates	31g

Recipe and image modified from thekitchn.com

Look out for lead

Lead can be dangerous, especially to young children. Even low blood lead levels can affect IQ, ability to pay attention, academic achievement, hearing, and growth. Children under the age of five are at a higher risk of elevated blood lead levels due to their rapid growth and nature of putting hands and other objects in their mouths. Lead exposure effects can become permanent, which is why it is important to prevent lead exposures before they occur.

Children can become exposed from chipped and peeling paint in homes or other buildings built before 1978. Lead-painted toys or jewelry can also contain lead. Children can be exposed if they ingest these items or when they do hand-to-mouth activity, a normal part of development. Exposure can also occur from eating wild game shot with lead bullets or spent shells.

Unfortunately, lead is invisible and odorless. There is no easy way to determine if a toy contains lead or not. Although do-it-yourself kits are available to purchase, these kits are not reliable.

Here are some tips to prevent or reduce lead exposure in young children:

Check Recalls

When the United States Consumer Product Safety Commission finds toys contaminated with lead, they issue recalls. These toy recalls can be found at www.cpsc.gov, or you can call 800-638-2772.

Throw Out Risky Toys

Old and deteriorated toys should be thrown out or kept out of reach of young children. Antique toys that have been passed on from generation to generation may contain lead if the toy was made before 1978. Deteriorating toys have a higher risk of exposing young children to lead if the toy contains lead.

Children can become exposed from chipped and peeling paint on old toys, in homes or other buildings built before 1978.

Lead has not been banned in plastic toys. Lead softens plastic to make it more flexible. Over time when the plastic is exposed to sunlight, air, and detergents the lead in the plastic breaks down and becomes dust.

Buy American Made Toys

Toys made in the United States are less likely to be contaminated with lead. Although lead paint has been banned in the United States, it is still used in many other countries.

Have a Healthy Diet

Lead absorption can be higher in children who have lower intake of iron and calcium. Diets high in iron, calcium and zinc can help protect children against lead exposure. Try incorporating lean meat, fish, chicken, dried beans or peas, milk, cheese, yogurt, fruits, and/or vegetables into the diet.

If you have old plumbing fixtures, run the water for at least 30 seconds until it runs very cold when using water for drinking, cooking, making formula or washing food.

More Tips

Wash toys, especially ones that end up in children's mouths. Regularly clean to reduce dust in the home. Wash children's hands frequently, especially before eating and sleeping.

Spawn of the Dead Zombie Run

YKHC Diabetes Prevention & Control hosted the 4th Annual Spawn of the Dead: Zombie Run on October 21 at the YK Fitness Center. This event is focused on providing a 5k fun run which encourages physical activity in a non-conventional way.

Additional activities were provided before and after the Zombie Run such as a smoothie bike, photo booth, coloring and foil embossing stations. An Optometry representative facilitated an eye health table focused on diabetic retinopathy, a health complication caused by damage to the blood vessels at the back of the eye.

Thank you to all the volunteers, participants, and partners for another great year!

Zombie Survivor: Collin Sargent.

Join the Great American Smokeout on Nov. 16!

by Victoria Galanopoulos, Tobacco Prevention Coordinator

YKHC is proud to participate in the American Cancer Society Great American Smokeout on Thursday, November 16. As leaders in promoting health and wellness, we encourage our staff, community partners, neighbors and patients to commit or recommit to healthy, tobacco-free lives – not just for a day, but year round.

Most of us know all too well the devastating impact tobacco can have on people's health. Tobacco use is the single largest preventable cause of disease and premature death in the United States. Yet, 40 million American adults still smoke. The most important thing smokers can do to improve their health is to quit cigarettes and other forms of tobacco—like smokeless tobacco ("chew") or iqmiq.

At the same time, we know tobacco is one of the strongest addictions one can have. The Great American Smokeout used to encourage smokers to quit cold turkey on a single day. We now know that quitting is a journey. It starts with a plan, often takes time and requires a lot of support. YKHC provides that support through our tobacco cessation program. A local team of certified tobacco treatment specialists are available to answer your questions and assist with a personalized quit plan. To find out more about the program call 907-543-6312. Additionally our colleagues at the American Cancer Society are available 24 hours a day, 7 days a week to provide support. To find out more, visit cancer.org/smokeout or call 1-800-227-2345.

YKHC wants you to be healthy and happy. During this year's Great American Smokeout, we hope you will join us – and encourage your friends, family and colleagues to join us – in committing or recommitting to year round, tobacco-free lives.

Text to Quit

YKHC is now offering tobacco cessation support for teens and young adults through a text messaging service called This is Quitting. Courtesy of a partnership between the Tobacco Prevention Department and the Truth Initiative, This is Quitting is accessible to anyone with a cell phone and text messaging. Enrolling is free, and is as simple as texting QUITNOW to 907-891-7140 to sign up. Those enrolled in the program will receive daily texts with tips, advice, and encouragement from people who have quit or are trying to quit tobacco.

With this new program, cessation support will be at your fingertips, when you need it, wherever you need it, even if that happens to be at 2 a.m.!

Key features of This is Quitting include:

- Free text messaging available on Android and iOS
- Motivation and inspiration about quitting from other tobacco quitters in the program
- Access to resources like YKHC's program and medication information
- Encouragement to set a quit date and the ability to set and reset a quit date as desired (standard message and data rates apply, but no charge for enrolling)
- Proactive support for quitting tobacco via text ~3 weeks prior to and 8+ weeks following the user's quit date
- Unique library of support messages written by and for other tobacco quitters

CARE for you for others

YKHC IS GOING TOBACCO-FREE

FEBRARY 8, 2018

Our mission calls us to improve the health of the individuals and communities we serve. We believe that we have a responsibility to take a leadership role on this major health issue and promote a healthier environment by becoming tobacco-free.

As a health care organization, we are committed to the health and safety of our employees, patients, physicians, volunteers and visitors.

- Tobacco use by all patients, staff and visitors will be prohibited
- Patients and visitors found using tobacco will be asked to stop, and offered information about resources to quit tobacco
- Employees found using tobacco will be subject to disciplinary procedures by their managers
- All smoke shacks and ash cans will be removed and smoking in vehicles on YKHC property is also prohibited

DHATs are Making a Difference!

Dental care has been provided around the world by Dental Therapists for nearly 100 years. After consideration of the barriers to care affecting our region, the YKHC made the decision to be one of the first locations in the United States to employ Dental Health Aide Therapists (DHATs).

We hired our first DHAT in 2006 and have been working to increase the DHAT presence in our communities ever since.

A new study published August 11, 2017 (Chi 2017), shows that dental health in YKHC communities served by DHATs is improving. A summary of some of the results is shown in the chart at right.

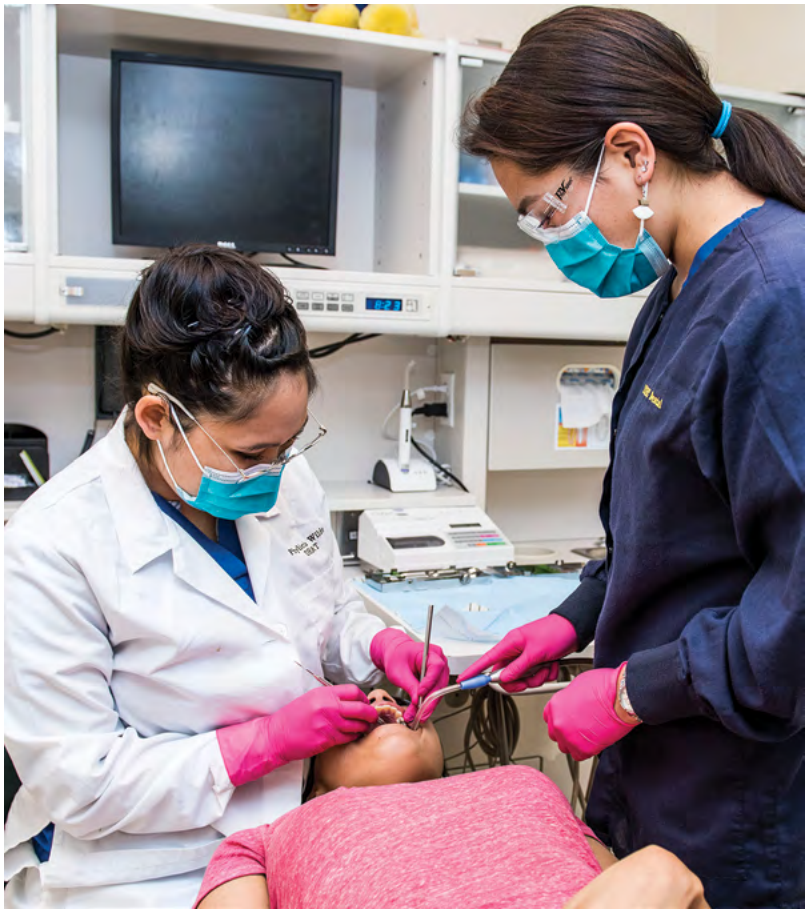
DHATs have a limited scope of practice and work as part of a team that includes a dentist. DHATs are capable of doing exams, providing preventive services, completing fillings and doing extractions when needed.

They are trained to do these services and are providing them with the same level of competency and quality that a dentist would provide.

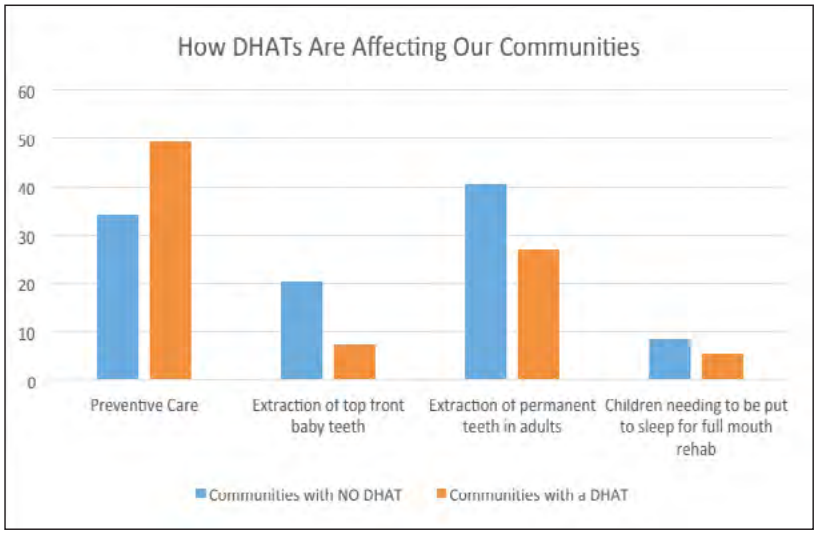
If a patient needs something that is not within the DHAT's scope of practice such as a denture or a root canal, DHATs are trained to recognize the need to do consults for these services and make appropriate referrals for care.

In addition to being competent with the skills needed to perform dentistry, DHATs who are from the region that they serve are likely better equipped than people not from the region to provide culturally competent care. YKHC tries to recruit candidates from local communities and support them through the two years of the formal training program that is required to become a DHAT. Scholarships are currently being offered. An application and more information can be found at ykhc. org/dhat.

Want to join the team making a difference in improving the oral health of our communities? Consider applying for YKHC's 2018 DHAT scholarship. More information at www.ykhc.org/dhat.



Phylicia Wilde and Allison Ayapan in the Bethel Dental Clinic.



This chart shows that in communities receiving care from a DHAT: 1:—Preventive care is increasing, 2—The number of teeth needing to be pulled is decreasing, 3—Fewer children are needing general anesthesia for full mouth rehab.

Do I Really Need An Antibiotic?

What is bacteria?

Bacteria are organisms (germs) that are too small to be seen without a microscope. They can be found everywhere in the environment outdoors and indoors. Certain kinds of bacteria can be helpful while other kinds of bacteria can be harmful and make us sick.

What are viruses?

Viruses are germs that are even smaller than bacteria and can cause infections such as a cold, the flu, and bronchitis. A virus can travel through the air and enter your body when a sick person coughs or sneezes. Your body will try to fight and kill the virus. If your body can't kill the virus right away, then you will start to feel sick in 1-2 days. No medication can cure a sickness caused by a virus – especially not antibiotics.

What are antibiotics?

Antibiotics are the drugs that your provider or Health Aide prescribes to treat infections caused by bacteria. For many years, they have been the "first line of defense" in treating bacterial infections. Yet, the Centers for Disease Control and Prevention (CDC) estimates that more than half of all antibiotics prescribed are not necessary. Antibiotics are powerful medicines that can kill bacteria and only bacteria. Antibiotics DO NOT kill viruses and should not be used to treat them. Taking antibiotics that you do not need, for example to treat viral infections, can lead to antibiotic resistance.

What is antibiotic resistance?

The development of antibiotic resistance is one of the most challenging problems in health care today. Antibiotic resistance occurs when bacteria evolve so that an antibiotic is no longer able to kill them. As a result, some antibiotics have become less effective against the bacterial infections that they are designed to treat. Infections caused by bacteria resistant to antibiotics can be very difficult to treat. In recent years fewer new antibiotics have been made. Misuse of antibiotics occurs because many of us believe antibiotics will make us better whenever we are sick. The public often expects or demands antibiotics for every sniffle that comes along. Research has shown that patients will request a different provider if they don't get an antibiotic they believe they need. Overuse and inappropriate use of antibiotics can make them not work when you really need them, because bacteria develop resistance to them. The resistance allows the bacteria to keep growing making you more sick. We need to protect the antibiotics that we have, to ensure they continue to work now and in the future.

What can I do to help fight the problem of antibiotic resistance?

If you take antibiotics when you really do not need them, they may lose their strength and ability to treat the bacteria when you really do need them. So, what can you do help fight the problem of antibiotic resistance:

- Never insist your provider prescribe an antibiotic for you.
- Cover your mouth and nose when coughing or sneezing, dispose of tissues after you have used them.
- Practice good hand-washing techniques to decrease your risk of getting or spreading infection-hands should be washed with warm water or soap for at least 20 seconds.
- Never take antibiotics for viral infections
- Maintain a healthy life style by eating a balanced diet, drinking plenty of fluids, exercise, and geting plenty of rest.
- Never take antibiotics prescribed for someone else
- Never take antibiotics that were left over from a previous infection
- Take antibiotics as prescribed

Illness	Usual Cause		Antibiotic Needed
	Viruses	Bacteria	
Cold/Runny Nose	✓		NO
Bronchitis/Chest Cold (in otherwise healthy children and adults)	✓		NO
Whooping Cough		✓	Yes
Flu	✓		NO
Strep Throat		✓	Yes
Sore Throat (except strep)	✓		NO
Fluid in the Middle Ear (otitis media with effusion)	✓		NO
Urinary Tract Infection		✓	Yes

REMEMBER: Antibiotics DO NOT treat viral infections

- Antibiotics only fight infections caused by bacteria
- Avoid unnecessary use of antibiotics
- Talk with your provider or pharmacist about side effects of antibiotics
- Don't request an antibiotic when your provider or health aide says it isn't needed
- If you are not prescribed an antibiotic, talk to your provider or pharmacist about what over the counter medications might help you feel better and get relief from your symptoms-fever, pain, cough, runny nose, and other cold symptoms.
- Responsible use of antibiotics will help to ensure they are more likely to work when we really need them.

Please talk to your provider, pharmacist, or health aide if you have any questions.

August 2017 Health Aides of the Month:

Zita Chikigak, CHA III, and Glenda Ayagar, CHA I, from Alakanuk

On the evening of August 26 at approximately 5 p.m. Zita got a call that an expectant mother was having contractions. Zita asked the patient to meet her at the clinic. While Zita was waiting for the patient she did a chart review to become familiar wit the patient's medical history. She called Glenda for help, but her phone was on silent and she did not get the call. Zita did the appropriate exam and reported to the doctor, then awaited delivery. While they waited, Zita prepped the patient's family on what they would have to do to help her deliver safely. After an hour of being with the patient and the family, Glenda got Zita's message and quickly went to the clinic.

The two health aides showed excellent teamwork. They gave excellent patient care and awaited Lifemed. The patient was medevaced all the way to Anchorage.

It is teamwork like these two health aides demonstrated that plays a big role in a patient's outcome. On behalf of YKHC and CHAP, thank you to these two health aides tremendously for their hard work.

Glenda Ayagar and Zita Chikigak, Health Aides of the Month for August.

Rose Domnick honored with AVCP's Healing Hands Award

by Sophie Evan

YKHC Behavioral Health Preventative Services Director Rose Domnick was honored with the 2017 Healing Hands Award from the Association of Village Council Presidents (AVCP). The traditional healing program based on Yup'ik and Cup'ik cultural traditions and values also won a 2016 Honoring Nations Award from the Kennedy School at Harvard University.

Credit is given to our elders for the invaluable guidance they provide to the Calricaraq program. The term "Calricaraq" defines an ancient Yup'ik and Cup'ik practice which guides a person through a healthy and fulfilling life.

The Calricaraq team describes how historical trauma affects our people and how practicing the Calricaraq ways can bring peace to a person. A village or organization has to make a formal request for a three-day Calricaraq workshop to be presented. The team has made presentations to at least 30 villages and organizations to date.

Domnick says some of the upcoming activities include a crisis response trip to two villages that need help processing unexpected tragic deaths. *Qaruyun* is a traditional practice to provide comfort, with love and patience, which helps anyone back to health after a traumatic experience.

The Calricaraq team, with an elder, recently presented a four-day facilitators training for Calista Education and Culture, Inc. They are in the process of integrating Calricaraq precepts into the high school Health I and II programs of study.

Rose Domnick.

The Calricaraq program recently completed an official System Of Care evaluation. Federal Grant administrators interviewed the Calricaraq staff and partners about their work together and also observed a Calricaraq presentation in Hooper Bay. Ms. Echohawk, who will write up the evaluation report, said using the Yup'ik elders for guidance who speak their own language, to an all Yup'ik staff, providing a Yup'ik System Of Care, is a world-class practice done nowhere else.

Congratulations to Rose Domnick and the Calricaraq staff for humbly bringing back the ancient Yup'ik ways of living a long and healthy life the Calricaraq way.

October, 2017

Dr. Paul John Calricaraq Project

For more information about PJCP, visit our website: **www.ykhc.org/pjcp**

Guiding Principles: Represent the Y-K region's Culture & Identity | Promote Customer Centered Care | Affordable Cost & Sustainable Operations

PJCP Design

In mid-September, design, project and construction team members participated in a workshop to review site, civil, plumbing, mechanical, structural, electrical, dietary, IT and door hardware. A backup data center in the IT communications room is being considered.

The Jones and Jones Cultural Design team traveled to Bethel to meet with YKHC and Arts and Cultural Committee members to review artwork locations, quotes/words of wisdom, and design of photography/exam room panels.

Phasing meetings were held with the Bettisworth North Architects & Planners (BNAP) design team, BiNW furniture planning team and ASKW-Davis to discuss phasing for laboratory, pharmacy and dietary spaces and to determine how disruptions to YKHC operations/service can be minimized. Laboratory and Pharmacy furniture floor plans were reviewed with department heads.

A construction tour was conducted for 35 local LKSD high school students to learn about the PJCP, and discuss project roles of architects, project managers and contractors.

Medical Equipment Planning & Design

The design team worked with The Innova Group to finalize the medical equipment list and develop sole source justifications for major medical equipment based on YKHC's new procurement policy. Arcadis is working on a medical equipment Request for Qualifications (RFQ) to select qualified vendors to provide price proposals with the intent of selecting one vendor to provide the entire medical equipment package.

PJCP Construction

ASKW-Davis's subcontractor, BEK, has been installing fireproofing on interior steel beams, floor decking and columns of the first floor and is moving to the third floor. As weather permits, roofing installation continues. Exterior wall framing and sheathing continued as the team gets ready to "close" the building in for winter construction activities. Exterior sheathing is nearing completion and secondary weather barrier installation began on the exterior envelope. Due to reduced daylight hours and temperatures, temporary lighting and heaters have been installed in the building. Framing for the curved curtain wall at the main entrance was installed. Interior wall framing began on Level 1 with wall top track installation ongoing at Level 3. Interior hollow metal door frames have arrived in Bethel. HVAC ductwork and sprinkler piping installation has started at the first floor. Mechanical and Plumbing subcontractors remain focused on work in the Interstitial space.

PJCP 3-story new clinic construction as of October 5, 2017

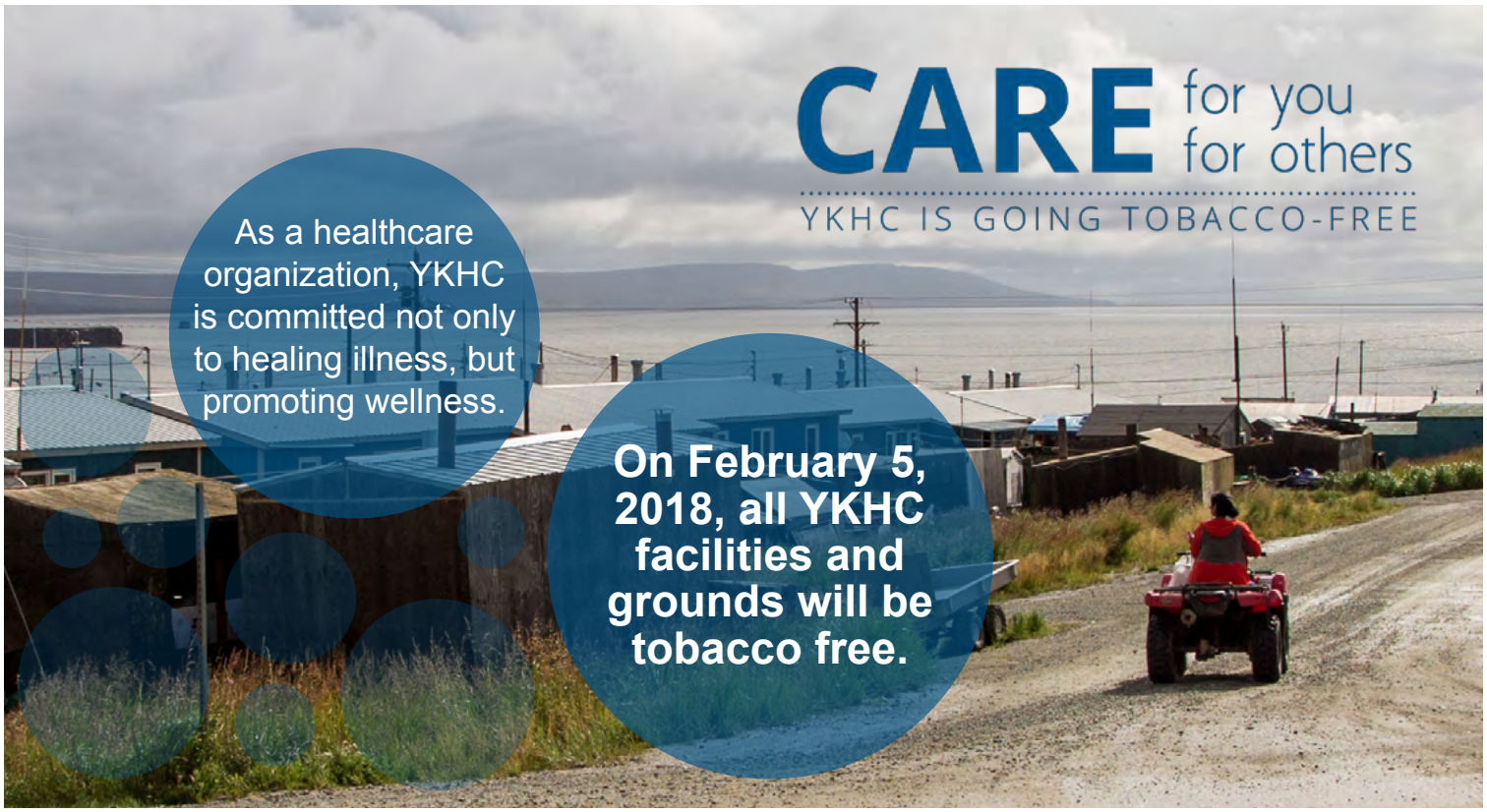
Exterior sheathing installation at entry radius wall

YKHC Staff Housing

Due to heavy rain and winds in July and August, the housing construction project incurred water damage. Bethel Federal Services has submitted a mitigation plan to YKHC that is under review. Interior work is on hold until the mitigation plan is approved. Exterior siding on both buildings continues. YKHC is providing inspection services to monitor construction progress and water damage repairs.

SAFETY IS OUR FIRST PRIORITY!

- Prior arrangement is required for all site visitation
- All visitors/deliveries must check in at the ASKW-Davis project office upon arrival to project site
- Personal protective equipment (PPE) is ALWAYS required on site
- Hard hats/safety glasses are available, on a limited basis, at the project office


CARE for you for others
YKHC IS GOING TOBACCO-FREE
As a healthcare organization, YKHC is committed not only to healing illness, but promoting wellness.
On February 5, 2018, all YKHC facilities and grounds will be tobacco free.