



South Dakota Urban Indian Health Providing holistic care to the entire family.

Fall 2005 - Issue 001



South Dakota Urban Indian Health welcomes you to the first edition of our quarterly newsletter. Our newsletter will change with each passing season. The newsletters will be available at the clinics for you to pick up when you visit the clinic or can be mailed to your home. Please tell a staff member if you would prefer the newsletters mailed to your home address.

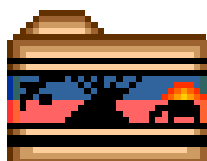
Our Pierre, SD clinic moved into a new building in August. Their new address is 1714 Abbey Road. The grand opening on August 26, 2005 included an interior and grounds smudging ceremony by spiritual leader, Ivan Looking Horse also a Christian prayer and blessing by Everett Harrison and the honoring of four community members vital to the clinic's successful operation.



Staff members will be busy this fall switching from paper medical records to an electronic medical records system. This will streamline the volume of paperwork that medical care requires. The electronic health record system has been designed around security measures and HIPAA (Health Insurance Portability and Accountability Act - 1996) privacy standards so patient records will remain confidential.



(L to R) Donna Keeler, Executive Director of SDUIH; Dr. A.J Tieszzen, clinic Medical Director; Mary Carter, (representing Bill Fischer) American State Bank; Jim Stephens, Vilas Drug owner; Aaron Swan, president of Board of Directors; Board members Dianna Marshall, Karla Abbott, and Bob Rogers; Jon VanderMaten, clinic PA; and Amy Marshall (program staff in background).



Annual flu shots will be available after October 1, 2005. Please call the clinic in October for more information and to schedule your appointment.

The green countryside is changing into hues of gold, orange, and red. Fall is in the air as temperatures dip, children return to school, the first frost threatens, and birds gather to begin their migration south.

We are also making preparations for the changing season. Winter is coming. The furnaces and fireplaces need to be checked and readied for use. Use this annual fall chore as a reminder to check your whole house for fire prevention.

October is Fire Safety Month

SDUIH has received fire prevention grants from I.H.S. and Avera Health. These grants will help provide the following services:

1. Home inspection for working smoke alarms (the most effective fire safety devices).
2. Educational materials for children and families or childcare providers to assist them in developing a fire escape plan for their homes.
3. Family practice sessions to safely exit the home during a fire.
4. Proper smoke alarm installation.

Most fatal house fires start at night when people are sleeping. Poisonous carbon monoxide gas produced by the flames put people into a deeper sleep. A working smoke alarm doubles your chance to wake up and survive a house fire. Make sure you have at least one smoke alarm on every level of your home. Test alarms monthly, keep them clean, and change the battery once a year or when the alarm “chirps” indicating a low battery.

- Fires and burns are the #1 cause of death for American Indian and Alaska Native children, ages 1 – 4.
- A working smoke alarm in the home doubles the chance of surviving a fire.
- Practicing fire escape plans can save your family members’ lives.
- Parents and childcare providers need to identify basic home fire safety hazards and know how to correct them.
- People living in rural areas have a higher risk of fire death than those living in urban areas.
- In 2002, most fatal fires started in the bedroom, followed by the living room, then the kitchen.



Help us help you reduce the chance of injury or death due to a home fire. Check your home for smoke alarms, check them for batteries, discuss an escape plan with your family, and practice how to escape.

Staff will be contacting families, especially those with young children, later this fall to set up home visits.

A properly installed and properly maintained smoke alarm will save lives.



SDUIH Clinics
will be closed on:

October 10 for
Native American
Day

November 11 for
Veteran's Day

November 24-25
for
Thanksgiving

How much physical activity do your family members get every day? Exercise or being physically active is so important for physical and mental health.

October is National Family Fitness Month

Being physically active will:

- Relieve stress
- Help prevent diseases such as diabetes, obesity, high blood pressure
- Tone muscles
- Burn more calories to prevent weight gain or promote weight loss
- Condition heart and lungs
- Improve self-esteem
- Give you more energy
- Help you to relax
- Assist with appetite control
- Help you sleep better

Any activity that moves the body can be helpful. House-work, child care, yard-work or gardening, dancing, walking, busy childhood "play", organized sports, or workouts at a local gym all count for the recommended daily activity level.

We are encouraged to participate in a minimum of 30 minutes of activity a day. This can be done all at one session or 30 minutes of activity can add up at the end of the day from several smaller activities. Shut off the TV or computer, get up off the chair, and make your body move!

Walking continues to be one of the highest recommended activities. It can be done in most places and at most times of the day. It is relatively inexpensive. You need comfortable clothes and good quality walking shoes.

To avoid stiff or sore muscles or joints, start gradually. Warm up with a slow walk, then gently stretch your muscles for a few minutes, and then continue with a more rapid walking pace. Over several weeks build your endurance to walk faster, go further, and walk for a longer period of time.

Involve children in physical activity. Child obesity is described as epidemic in our country. Food is usually abundant and entertainment choices are often very sedentary. Children need to move their bodies! Parents should set time limits when children watch TV or use the computer.

Provide children with planned physical activity several times a week.

November is American Diabetes Month

It is estimated that close to 18 million Americans have diabetes. This is a serious disease in which blood glucose or blood sugar levels are above normal.

The foods we eat are digested and the blood sugar, glucose, is formed. Glucose is carried by the blood to cells throughout the body. Cells use the hormone insulin (made in the pancreas) to let glucose into the cell where it is changed into energy.

Type 1 diabetes is usually diagnosed in children or young adults. In this form of diabetes, the pancreas no longer makes insulin. The body's immune system has attacked and destroyed the beta cells in the pancreas that make insulin.

Sometimes muscle, liver, and fat cells do not use insulin properly. The pancreas works harder to make more insulin but reaches a point where it can't make enough insulin for the body and blood sugars rise. This is Type 2 diabetes.

The other type of diabetes occurs during the late stages of pregnancy. Gestational Diabetes is caused by the hormones of pregnancy or a shortage of insulin. Although this form of diabetes usually goes away after the baby is born, a woman who has had it is more likely to develop Type 2 diabetes later in life.

High levels of glucose can lead to health problems such as heart disease, stroke, vision loss, kidney disease, nerve damage, and gum infections.

Many people have no signs or symptoms of having diabetes and it can go

undetected for years. The longer the blood sugar is elevated, the greater the risk for developing health complications.

Symptoms of diabetes are:

- Increased thirst
- Increased hunger
- Fatigue or tiredness
- Increased urination, especially at night
- Unintentional weight loss
- Blurred vision
- Sores that do not heal

Before people develop Type 2 diabetes, they usually have pre-diabetes. This is a condition where blood sugar levels are elevated but not high enough for an official diagnosis of diabetes. People with pre-diabetes are more likely to develop diabetes within 10 years and are also more likely to have a heart attack or stroke.

Research shows that people at high risk for Pre-diabetes or Type 2 diabetes can prevent or delay its development with a healthier lifestyle. Thirty minutes of physical activity five days a week plus smart food choices for a 5 – 7 % weight loss can delay the onset of diabetes.

Contact the American Diabetes Association:
www.diabetes.org , 1-800-DIABETES

