SYTHC Mission: Provide the highest quality healthcare honoring cultural values and incorporating best practices for all.

SYTHC Vision: A Center of Optimal Health for Years to Come

Community Surveys

This month, SYTHC is collaborating with Health Management Associates to conduct two surveys to gather the input of our community regarding the priorities, availability and accessibility of medical, dental and behavioral health care in and around the reservation. These surveys are part of a larger feasibility study being implemented regarding the possibility of expanding health care services offered by the clinic.

The first survey is polling enterprise Team Members to gauge their interest in having a primary/urgent care clinic on-site at Chumash Casino Resort. Implementing an onsite health facility would address a major social determinant of health status for our workforce: access to care (see chart below):

- Increasing the access to health care for our Team Members addresses these issues and more:
  - Insurance rates would be impacted positively
  - Healthier workforce + higher quality of life
  - Less time off for medical purposes
  - Quicker access to health screenings
  - Higher utilization of Wellness Visits
  - An additional benefit to working at Chumash
  - It incorporates our Core Values for our Team Members

The second survey is for our current patient community, especially patients within the tribal community. We are trying to assess the potential expansion of clinic services, including the potential of additional primary care and specialty care services provided on-site at SYTHC. We will be working with Tribal Operations to distribute the survey in the coming weeks.

Be on the lookout for the survey as input from the tribal community is critical to both our short-term and long-term growth and success.

Richard W. Matens, M.Div.
Chief Health Officer
SYTHC Team Member Spotlight: New Behavioral Health Providers

**Stephanie Holthaus, PhD:**

We are so excited about the return of Dr. Stephanie Holthaus. Stephanie has long been associated with SYTHC. She worked for the clinic as a therapist for 11 years and directed the Behavioral Health Department from 2009 to 2013.

Dr. Holthaus has her bachelor’s degree from Colgate University and her PhD in Clinical Psychology from Pacifica Graduate Institute. Stephanie is also certified in Eye Movement Desensitization and Reprocessing (EMDR) therapy, an approach to treating Post Traumatic Stress Disorder (PTSD) that so many of our patients can benefit from.

Dr. Holthaus is returning as a therapist for two days per week starting in September. We are so excited about her return.

**Cecily Murrieta, LMFT:**

Cecily is a Licensed Marriage and Family Therapist who completed her master's in Marriage and Family Therapy with a specialization in trauma at Pacific Oaks College. She is currently enrolled in the PsyD Program in Marital and Family Therapy at The Chicago School of Professional Psychology.

Cecily comes to SYTHC from Clearview Treatment Programs in Los Angeles, where she was Lead Clinician for dual diagnosis programs.

Cecily is a Chumash community member and returning to the Santa Ynez Valley to work with families and individuals in our community has always been a primary goal of hers.
If your insurance carrier is changing, please check your mail for your updated insurance card and provide that to your medical provider and pharmacy during your next visit starting in October.
September is National Cholesterol Education Month

LDL (low-density lipoprotein), sometimes called “bad” cholesterol, makes up most of your body’s cholesterol. High levels of LDL cholesterol raise your risk for heart disease and stroke.

HDL (high-density lipoprotein), or “good” cholesterol, absorbs cholesterol and carries it back to the liver. The liver then flushes it from the body. High levels of HDL cholesterol can lower your risk for heart disease and stroke. When your body has too much LDL cholesterol, the LDL cholesterol can build up on the walls of your blood vessels. This buildup is called “plaque.” As your blood vessels build up plaque over time, the insides of the vessels narrow. This narrowing blocks blood flow to and from your heart and other organs. When blood flow to the heart is blocked, it can cause angina (chest pain) or a heart attack.

Blood cholesterol is a waxy, fat-like substance made by your liver. Blood cholesterol is essential for good health. Your body needs it to perform important jobs, such as making hormones and digesting fatty foods.

As cholesterol (plaque) builds up in the arteries, the arteries begin to narrow, which lessens or blocks the flow of blood.

Your body makes all the blood cholesterol it needs, which is why experts recommend that people eat as little dietary cholesterol as possible while on a healthy eating plan.

Dietary cholesterol is found in animal foods, including meat, seafood, poultry, eggs, and dairy products. Strong evidence shows that eating patterns that include less dietary cholesterol are associated with reduced risk of cardiovascular disease, but your overall risk depends on many factors.

LDL and HDL Cholesterol: "Bad" and "Good" Cholesterol

Cholesterol travels through the blood on proteins called “lipoproteins.” Two types of lipoproteins carry cholesterol throughout the body:

What age should I get screened for high blood cholesterol?

In the years from 2009 to 2016, about 1 in 5 adolescents had an unhealthy cholesterol reading. In the years from 2015 to 2018, nearly 93 million U.S. adults age 20 or older had high or borderline high cholesterol (a total cholesterol greater or equal to 200 mg/dL). But since high cholesterol doesn’t have symptoms, many people don’t know their levels are high.

Cholesterol should be checked starting early in life—even children and adolescents should have their cholesterol checked. Cholesterol testing should be done:

- Every 5 years for people age 20 or older who are at low risk for cardiovascular disease.
More frequently than every 5 years for people with cardiovascular disease risk factors.

What do I need to know before getting screened?
A cholesterol test is a simple blood test. Your doctor may tell you not to eat or drink anything except water for 9 to 12 hours before the test. The results give you four measurements:

- **Total cholesterol.** About 150 mg/dL is considered optimal.
- **LDL cholesterol.** About 100 mg/dL is considered optimal. LDL is sometimes called “bad” cholesterol, because it can build up and clog your arteries, eventually leading to heart disease or stroke.
- **HDL cholesterol.** It is best to have greater than or equal to 40 mg/dL in men and 50 mg/dL in women. HDL is sometimes called “good” cholesterol, because it can help clear arteries of cholesterol buildup.
- **Triglycerides.** This is a type of fat in the blood. Optimal levels are typically less than 150 mg/dL.

How can I keep healthy blood cholesterol levels?
Talk to your doctor about your numbers. Your risk of disease depends on other factors, too, in combination with high cholesterol. To keep your cholesterol managed, you should do the following:

- **Choose healthy foods.** Limit foods that are high in saturated or trans fats, sugar, and sodium (salt). Choose foods high in fiber, such as fresh fruits and veggies, and in unsaturated fats, such as avocados and nuts.
- **Stay physically active.** You should get at least 2 hours and 30 minutes of moderate exercise, such as biking or brisk walking, every week.
- **Don’t smoke.** Smoking damages the blood vessels and greatly increases the risk for heart disease and stroke. If you don’t smoke, don’t start.

Take medicine if necessary. A healthy diet and physical activity can help many people reach healthy cholesterol levels, but some people may need medicines to lower their cholesterol. Always take your medicine as prescribed.
Dental Implants: Filling A Gap In Your Smile

The average adult has 32 permanent teeth (counting your third molars), and all of them play an important role in daily activities such as eating, talking and smiling. Missing just one tooth can result in a huge change in your ability to chew foods, speak clearly, or may affect your self-confidence.

The most common causes of missing teeth are periodontal (gum) disease, tooth decay or trauma. Some people are born with a congenitally missing (absent) tooth where permanent replacement never grows in to replace a baby tooth. Instead of having to live with a missing tooth for the rest of your life, dental implants offer a tooth replacement option that’s functional, natural looking and comfortable.

A dental implant consists of “parts” 1) a “screw” made of either titanium or zirconia, which is inserted into the jaw, and 2) a crown that fits into the screw and replaces the function of the missing tooth. Dental implants have become the most popular way to replace a single tooth or multiple missing teeth, due to their predictability and overall success rate. If you have any further questions about dental implants, don’t hesitate to make your appointment for a consultation!

Advantages of Dental Implants:

- Provide long-term stability and comfort
- Help restore proper chewing and speech
- Don’t negatively affect neighboring teeth
- Have a 98% success rate over 10 years

Dental Trivia: Did you know that approximately 69 percent of Americans between 35 and 44 years of age have at least once missing tooth?!
September is Ovarian Cancer & Prostate Cancer Awareness Month

Ovarian cancer
The most deadly reproductive cancer, ovarian cancer is often referred to as a silent killer because it is so hard to detect.

1. Cancer
   - Caused by cells dividing uncontrollably and developing into tumor
   - Malignant tumor
     - Cells invade and take over nearby tissues
     - Can travel to other organs by travelling through bloodstream and lymphatic system
   - Benign tumor
     - Does not invade other tissues
     - Usually does not recur after removal
     - Not life threatening

2. The ovary
   - Produces and stores eggs until they traverse fallopian tube to move into uterus
   - Germ cells produce eggs
   - Stomal cells for the connective tissue that keeps the ovary together

3. Ovarian cancer
   - Malignant growth can grow from any cells in the ovary
   - Main types
     - Epithelial carcinoma
     - Accounts for 90 percent of all ovarian cancers
     - Occurs most in women around age of 60
   - Lifetime risk for general population
     - 1 in 70
   - Half of all cases found in women over age of 65

5 Myths about Prostate Cancer Symptoms

1. Prostate cancer always shows symptoms and signs.
   - ✗

2. I only need to get tested for prostate cancer if I show symptoms and signs.
   - ✗

3. If I need to urinate frequently or have pain urinating, I have prostate cancer.
   - ✗

4. Prostate cancer only develops in older men who show symptoms.
   - ✗

5. I should ignore my urinary symptoms; this just happens to men as they get older.
   - ✗
Youth News

Ma Tokoy A Kisukuyoc
“OUR CIRCLE OF HOPE”
FOR NATIVE YOUTH IN JR HIGH & HIGH SCHOOL

Wellness & Balance in Mind, Body, & Spirit
1st Friday of the Month
6PM to 8PM
Dinner will be provided
Call/Text for location

Call or text to RSVP
Gina at 805-617-8530 Chris at 805-833-0482

We can rely on each other.
National Childhood Obesity Awareness Month offers opportunities for families to prevent childhood obesity early and to address the issue early. Children who have obesity issues are more likely to have those same issues as adults. Being able to address them now prevents lifelong health issues, such as diabetes, certain cancers, heart and sleep disorders. Children with obesity may experience physical, emotional and financial obstacles in the future as well.

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