



# THE CENTER OF HEALTH

**A monthly newsletter from the Santa Ynez Tribal Health Clinic**

**SYTHC Mission:** To specialize in the highest standard of quality health care through modern medicine and cultural traditions. We provide comprehensive services to all tribal members as well as to members of the community, through medical, dental, behavioral health, and outreach services. We pride ourselves in our friendly, willing, compassionate, and nurturing service. Through our commitment to continuous quality improvement in care, patient satisfaction, and community health, we make a difference in the lives of those we serve.

October 2021

## OVERARCHING ASPIRATIONS

*Richard W. Matens, Chief Health Officer*

As I have mentioned in a previous newsletter, SYTHC is in the process of developing its 3 to 5 year Strategic Plan. While we are still developing the document, I thought I would share with you a few important achievements.

First, we have established a new Mission Statement for the clinic: "*SYTHC provides the highest quality healthcare honoring cultural values and integrating best practices.*"

Second, we have established the five (5) areas under which our overall goals will be developed and articulated.

- 1) **Process Improvement:** Quality Improvement is not only critical to the provision of top notch services but also aligns itself with a core value of the Enterprise.
- 2) **Employee Engagement:** Working on our communication with staff regarding changes within our system, both at the clinic level and that of the Enterprise, was has been identified as a key component moving forward.
- 3) **Electronic Health Record:** A fully functional Electronic Health Record that is able to efficiently and effectively exchange data, track population health, provide competent reports and allow providers to document and bill competently is critical for the clinic.
- 4) **Workflow:** Improving our workflows so we can work smarter and not just harder is a goal that we as a clinic need to focus upon moving forward.
- 5) **Strategic Growth Plan:** Our growth will be planned intentionally to meet the needs of our tribal and community members, gathering data regarding access, types of service, funding, types and amount of space needed and cost.

As we continue to move forward in the planning process, I will be sure to update you on our progress.

# Indigenous Pink

►►►►► Breast Health

1 in 8



women will get breast cancer in their lifetime

## Increased Risks

**GENDER**  
Being female



**GENETICS**  
Inherited DNA changes in genes

**FAMILY HISTORY**  
Mother, sister, daughter has had breast cancer

**BREAST DENSITY**  
High density breasts



**AGE**  
Getting older

CONTACT YOUR HEALTH CARE PROVIDER IF YOU HAVE ONE OR MORE OF THESE RISKS

**Breast cancer usually has no symptoms when the tumor is small and most treatable.**

## Screening Guidelines/Recommendations

Age  
40-44

Option to begin annual screening

Age  
45-54

Annual screening

Age  
55+

Screening every 2yrs  
Option to screen yearly

TALK TO YOUR HEALTH CARE PROVIDER ABOUT WHEN SCREENING IS BEST FOR YOU.



Breast cancer is the **2nd** leading cause of cancer death for **American Indian women**.  
A mammogram may save your life.

## What can I do?



### BREASTFEED

Breastfeeding reduces estrogen exposure that helps prevent breast cancer



### WEIGHT CONTROL

Overweight or obese women are at a higher risk



### REGULAR MAMMOGRAMS

Women 40+ should have the option to have a mammogram once a year



### EXERCISE

Exercising 3 days/week may lower your risk



### LIMIT ALCOHOL USE

Alcohol can increase estrogen which can increase risk



### REGULAR BREAST EXAMS

Speak to your health care provider for options



American Indian  
Cancer Foundation.



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/AMERICANINDIANCANCER



@AICAF\_ORG



AmericanIndianCancer.org

## Seasonal Flu Vaccines: Questions & Answers

Adapted from <https://www.cdc.gov/flu/prevent/flushot.htm>

**What is a flu vaccine?** Influenza (flu) vaccines (often called “flu shots”) are vaccines that protect against the four influenza viruses that research indicates are most common during the upcoming season.

### **What are the benefits of getting the flu shot?**

- ◆ Flu vaccination can keep you from getting sick with flu.
- ◆ Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.
- ◆ Flu vaccination can reduce the risk of flu-associated hospitalization.
- ◆ Flu vaccination is an important preventive tool for people with certain chronic health conditions.
- ◆ Flu vaccination helps protect pregnant people during and after pregnancy.
- ◆ Flu vaccine can be lifesaving in children.
- ◆ Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

**Is there more than one type of flu shot available?** Yes. There are different flu vaccine manufacturers and multiple influenza vaccine products licensed and recommended for use in the United States. CDC recommends use of any licensed, age-appropriate influenza vaccine during the 2021-2022 influenza season. No preference is expressed for any influenza vaccine over another. If you have questions about which vaccine is best for you, call the clinic or make an appointment.

### **Which vaccines are available to me?** SYTHC carries the following vaccines:

- ◆ A standard-dose quadrivalent influenza shots that are manufactured using virus grown in eggs. These four vaccines are approved for people 6 months of age and older: **Afluria** (for ages 6mo and up); **Fluarix**; **FluLaval**; and **Fluzone**.
- ◆ A live attenuated influenza vaccine which is given intranasally (spray in the nose—no shot!). SYTHC does provide **FluMist** Quadrivalent – This vaccine is approved for people 2 through 49 years of age. Live attenuated influenza vaccine should not be given to people who are pregnant, immunocompromised persons, and some other groups.

**What about the flu vaccine for elders?** Flu vaccines specifically for elders (65 and older) are not available at SYTHC but may be found at your local pharmacy.

**Who should get a flu vaccine?** Everyone 6 months of age and older should get an influenza (flu) vaccine every season with rare exception. CDC's Advisory Committee on Immunization Practices has made this recommendation since the 2010 influenza season. Vaccination to prevent flu and its potentially serious complications is particularly important for people who are at higher risk of developing serious flu complications.

**What if I am allergic to eggs?** People with egg allergies can receive any licensed, recommended age-appropriate influenza vaccine (IIV4, RIV4, or LAIV4) that is otherwise appropriate. People who have a history of **severe** egg allergy (those who have had any symptom other than hives after exposure to egg) should be vaccinated in a medical setting, supervised by a health care provider who is able to recognize and manage severe allergic reactions. Two completely egg-free (ovalbumin-free) flu vaccine options are available elsewhere: quadrivalent recombinant vaccine and quadrivalent cell-based vaccine.

**How effective is the seasonal flu shot?** Influenza (flu) vaccine effectiveness (VE) can vary. The protection provided by a flu vaccine varies from season to season and depends in part on the age and health status of the person getting the vaccine and the similarity or “match” between the viruses in the vaccine and those in circulation. During years when the flu vaccine match is good, it is possible to measure substantial benefits from flu vaccination in terms of preventing flu illness and complications. However, the benefits of flu vaccination will still vary, depending on characteristics of the person being vaccinated (for example, their health and age), what influenza viruses are circulating that season and, potentially, which type of flu vaccine was used. There are many reasons to get an influenza (flu) vaccine each year. Flu vaccination is the best way to protect yourself and your loved ones against flu and its potentially serious complications.



**What are the side effects that could occur?** Common side effects from a flu shot include soreness, redness, and/or swelling where the shot was given, headache (low grade), fever, nausea, muscle aches, and fatigue. The flu shot, like other injections, can occasionally cause fainting.

**Can severe problems occur?** Life-threatening allergic reactions to flu shots are very rare. Signs of serious allergic reaction can include breathing problems, hoarseness or wheezing, hives, paleness, weakness, a fast heartbeat, or dizziness. If they do occur, it is usually within a few minutes to a few hours after receiving the shot. These reactions can occur among persons who are allergic to something that is in the vaccine, such as egg protein or other ingredients. While severe reactions are uncommon, you should let your doctor, nurse, clinic, or pharmacist know if you have a history of allergy or severe reaction to influenza vaccine or any part of flu vaccine.

**What should I do if I have had a serious reaction to seasonal flu vaccine?** Call a doctor or get to a doctor right away. Tell your doctor what happened, the date and time it happened, and when you got the flu shot. Ask your doctor, nurse, or health department to file a Vaccine Adverse Event Reporting System (VAERS) form, or call VAERS at 1-800-822-7967. Reports are welcome from all concerned individuals: patients, parents, health care providers, pharmacists and vaccine manufacturers.

**Why do some people not feel well after getting a flu shot?** Flu vaccine side effects are generally mild and go away on their own within a few days. Some side effects that may occur from a flu shot include soreness, redness, and/or swelling where the shot was given, headache (low grade), fever, nausea, muscle aches, and fatigue. The flu shot, like other injections, can occasionally cause fainting.

**What protection does a flu vaccine provide if I do get sick with flu?** Some people who get vaccinated may still get sick. However, flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.

**Finally:** It's important to remember that flu vaccine protects against three or four different viruses and multiple viruses usually circulate during any one season. For these reasons, CDC continues to recommend flu vaccination for everyone 6 months and older even if vaccine effectiveness against one or more viruses is reduced.

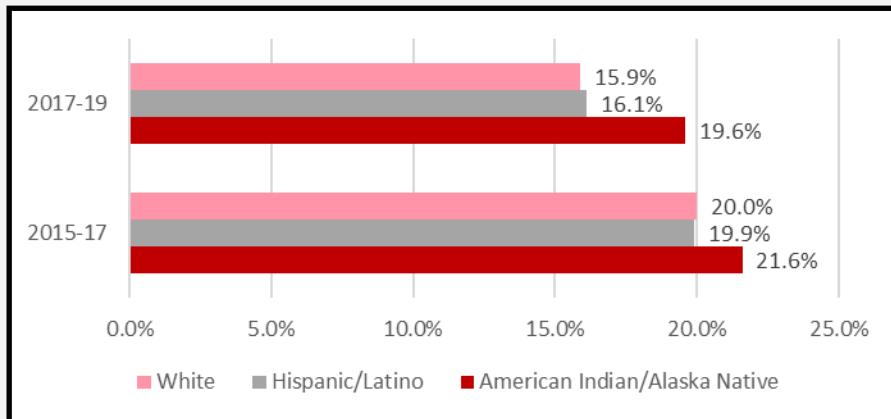
*If you are interested in getting you flu shot at SYTHC, or if you have more questions, call us at 805-688-7070. Appointments for receiving the flu shot are very flexible and we can usually schedule you for your flu shot the same day.*

**Thank you for protecting yourself, your family, and our community!**

## Red Ribbon Week 2021

Did you know October hosts Red Ribbon Week? Many may recall this from their time in elementary school and not thought much about it since. This year Red Ribbon Week is October 23-31. Each year millions of people continue to participate in Red Ribbon Week by wearing red ribbons and having conversations about the dangers of substance misuse.

**Figure 1.5. Alcohol or Other Drug Use on One or More Days in SB Co  
(SY 2015-2017, SY 2017-2019)**



According to recent California Health Kids Surveys, reported use of alcohol/drugs in the past 30 days is declining in our county. 19.6% of Native youth reported using alcohol/ drugs on one or more days, a 9.3% reduction from the previous survey period.

When people have healthy coping tools, we are less likely to engage in unhealthy ones like substance use to manage overwhelm. Red Ribbon Week gives us an opportunity to have conversations about how to face fears, regulate emotions, and support ourselves/others in healthy ways. We challenge you to ask a loved one: "what are some activities you can do to feel joyful, relaxed, or connected?" Help setup a schedule incorporating these activities. We can each support a loved one in identifying healthy activities and creating space to engage them- whether they be playing guitar, participating in talking circles, skateboarding, reading a book, or knitting a dog sweater!

If you want to join us by wearing a red ribbon this Red Ribbon Week email Gina or Mackenzie at SYTHC:

[g.vanni-duran@sythc.org](mailto:g.vanni-duran@sythc.org), [m.greeley@sythc.org](mailto:m.greeley@sythc.org).

We look forward to seeing Red Ribbons in our community and hearing about ways you are doing your part to reduce substance misuse.



### Halloween Tips for Healthy Teeth

Halloween is around the corner, which for most children means trick 'or treating and collecting bags full of free candy. While this popular holiday is fun for all, it can present parents with a variety of health and safety challenges. Here are some tips to help keep children's teeth safe and healthy this Halloween.

**Timing:** It is best to allow children to eat Halloween candy (and other sugary foods) with or shortly after meals. Saliva production increases while eating meals, which can help minimize some of the harmful acids produced by bacteria in the mouth and also can help rinse away sugar.

**Avoid Snacking:** Snacking, in general, can increase your risk of cavities. Grabbing sugary candy as a snack can be even more harmful to the teeth.

**Avoid Sticky Situations:** Sticky candies cling to teeth and are more harmful. Candies such as taffy and gummy bears, take longer to get washed away by saliva, increasing the risk for tooth decay.

**Maintain a Healthy Diet:** Encourage your child to maintain a healthy diet and to "fill up" on healthy meals, so that they aren't consuming as much candy.

**Avoid Sugary Beverages:** Soda, sports drinks and fruit juices have a high sugar content and frequent consumption of these beverages, especially in combination with candy, can greatly increase the rise of tooth decay.

**Brush Twice a Day:** Encourage children to brush their teeth twice a day for two minutes with an ADA-accepted fluoride toothpaste. Remember, replace their toothbrush every three or four months, or sooner if the bristles are frayed. A worn toothbrush won't do a good job of cleaning the teeth.

**Clean Between Your Teeth:** Encourage children to floss their teeth once a day. Decay-causing bacteria get between teeth where toothbrush bristles can't reach. Flossing helps remove plaque and food particles from between the teeth and under the gum line.



## Steps to Take When Trick or Treating



### Make Trick-Or-Treating Safer



- Avoid direct contact with trick-or-treaters.
- Give out treats outdoors, if possible.
- Set up a station with individually bagged treats for kids to take.
- Wash hands before handling treats.
- Wear a mask.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

# 2021 Patient Survey

SYTHC will be conducting its annual Patient Survey beginning on October 18th. When you visit the clinic, our Team Members will facilitate the survey that will cover the following 12 Questions.

- 1) What services do you receive at the Clinic? (Please select all that apply)
- 2) How did you find the experience of scheduling appointments?
- 3) How empathetic were our staff to your needs?
- 4) How long did you have to wait until the provider attended to you?
- 5) How satisfied were you with your interaction with the provider you saw?
- 6) How easy is it to navigate our facility?
- 7) How satisfied are you with the cleanliness and appearance of our facility?
- 8) How would you rate the professionalism of our staff?
- 9) Was your provider able to address your concerns?
- 10) How likely are you to recommend the Clinic to your friends and family?
- 11) How would you rate the Clinic overall? (5 being the highest rating)
- 12) Are there things you feel we could improve upon? If so, please share them here.

We hope that you will please take the time to complete the survey to let us know how we can better serve our community.

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