



# THE CENTER OF HEALTH

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

May 2022

**SYTHC Mission:** *Provide the highest quality healthcare honoring cultural values and incorporating best practices*

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

## MMIW AWARENESS

**Richard W. Matens, M.Div., Chief Health Officer**

On May 5<sup>th</sup> every year, a National Day of Awareness for Missing and Murdered Indigenous Women (MMIW) is commemorated. The National Indian Council on Aging has noted that murder is the third-leading cause of death for Native women younger than **20**. However, the federal government only focuses its data collection on violence collected on reservations. It excludes data from urban areas where **70%** of Native people live. This gap in our understanding contributes to a wider fallacy that indigenous women and girls living off-reservation are not affected by the same level of violence. The chart on this page displays last year's data, which is the most recent I could access. Incomplete data makes it difficult to understand the scope of the violence experienced by Native women and girls.



The Urban Indian Health Institute (UIHI) in Washington state has played a key role in collecting relevant data on MMIW. Of the perpetrators of violence on Native women and girls, UIHI was able to identify that **83%** were male and approximately half were non-Native. Twenty-eight percent (**28%**) were never found guilty or held accountable. Under federal law, tribes only have sole jurisdiction in crimes in which both perpetrator and victim are Native American, and even then, the most serious crimes, including many domestic violence offenses, are automatically sent to the federal government, which declines to prosecute many tribal cases. As long as data is incomplete, legislation to combat this epidemic will likely be ineffective due to the fact that the needs of many vulnerable Native people will be ignored.

Please keep these women and girls in your thoughts in a special way during this month.



# SYTHC Team Member Spotlight:

## CHRIS STEVENSON:

Chris Stevenson grew up on the Santa Ynez Indian Reservation and through all of his life's journeys found himself living in Manteca, CA at the age of 36. While there, he attended and graduated with honors from San Joaquin Delta College in 2019, having earned an Associate's degree in Psychology and AOD/Mental Health. Chris spent time volunteering at the Rescue Mission on skid row in Stockton, CA and at Turning Point in Modesto, CA where he learned case management skills while also working with the homeless. He also spent many years at 3 Rivers Indian Lodge volunteering and learning how to incorporate traditional indigenous teachings with modern Substance Use Disorder (SUD) treatments.



In 2020, Chris moved back to the reservation and started working for Coast Valley Treatment Center in Lompoc. While there, Chris continued to run groups and facilitate one-on-one counseling as well as case management for high-risk individuals. In 2021, Chris came to work for SYTHC as a Grants Associate in the Behavioral Health Department. In the coming months, he will begin to provide care coordination for those who are experiencing substance use disorder. Chris currently resides in Nipomo, CA and when not working he likes to spend his free time fishing, golfing or just cooking for family while relaxing outdoors.



## GINA VANNI-DURAN:

Gina Vanni-Duran is a mother, an aunt and wife, and a friend to many. She was born and raised in Stockton, CA and moved to Oakland after meeting her husband, who is a Samala descendant. In 2011, they got married and decided to relocate to the land of his ancestors to start a family that is rooted in tradition and culture. With the intention of one day helping other families from the Chumash community, she earned her Associate's degree in Psychology and plans to complete her Bachelor's degree in Human Services when her own children are a bit older.



When Gina is not focused on helping the community, she is outside exploring the land, tending to and learning about plants, playing with her children, sharing her cooking skills, advocating for maternal health equity, and making and selling her candles. She and her husband also built a screen printing press and started a business at the end of 2019. She is extremely grateful to be working at the Santa Ynez Tribal Health Clinic as a Program Coordinator, where she can use her background to support prevention programs in a way that is creative, meaningful, and culturally rooted.

# ***New Approach to Primary Care at SYTHC***

***JOSEPH CARTER, PA-C***

## **YOUR NEW PATIENT-CENTERED PRIMARY CARE TEAM:**

The Medical Department has formed patient-centered teams to improve your care. Your care needs are important. The team-based approach to care will support you with a variety of caregivers who can focus on your individual needs in the most convenient, supportive ways possible. For the majority of your visits, you will be scheduled within your primary care team. The members of your primary care team each have a specific role in supporting your care and health goals.



## **YOUR PRIMARY CARE PHYSICIAN:**

Your primary care provider (PCP) guides your care team by doing the following: evaluates and treats health problems, advises you on preventive screenings at different stages throughout your life, follows up with you to explain test results and judge how well your treatment is working, refers you to qualified specialists when needed and maintains the big picture of your overall health and treatment needs.

## **YOUR PHYSICIAN ASSISTANT:**

Physician assistants (PA) work in partnership with physicians to ensure you get the care you need when you need it. Together, they coordinate treatment for you, and increase your availability to be seen by someone who knows your health history. PAs are health care professionals licensed to practice medicine with physician supervision. PAs conduct physical exams, diagnose and treat illnesses, order and interpret tests, counsel on preventive health care, perform medical procedures, and write prescriptions.

## **YOUR MEDICAL ASSISTANT:**

The Medical Assistants (MA) prepare you for the visit, coordinate preventive services and care, provide vaccination visits, and perform lab draws. Also, visits with your MA are scheduled for other reasons, such as hypertension checks.

## **YOUR REFERRALS SPECIALIST:**

Ensures your referrals are processed and scheduled. Your referral specialist also follows-up with your specialist to obtain notes and instructions for your provider.

## **You:**

You are at the center of the care team and everything they do. Care teams are responsible for understanding your needs and supporting your health.

## **HOW DO I RECEIVE THE CARE I NEED?**

If you need a visit, call our receptionists at 805-688-7070 and they can determine the best route of care for your needs.

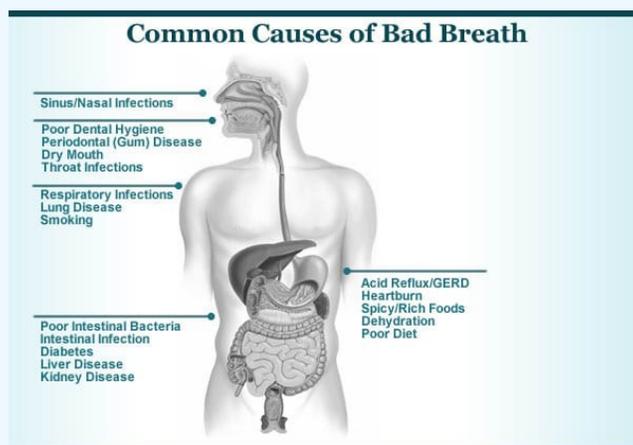
## Common Causes of Bad Breath

Many of our SYTHC dental patients inquire about bad breath; they want to know what's causing it and how to treat it. You might think that bad breath, also known as halitosis, is caused by eating foods like garlic and onions. You may be surprised to learn that bacteria in the mouth, especially on the tongue, is actually one of the biggest causes of bad breath. Food, poor dental hygiene, tobacco use and some medical conditions also are contributing factors:

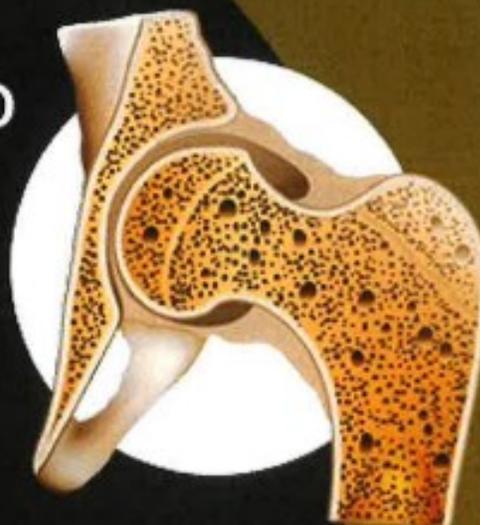
- ◆ **Oral Bacteria:** Oral bacteria can release sulfur byproducts, known as volatile sulfur compounds (VSCs) and it's their presence in your mouth that is the main cause of bad breath
- ◆ **Food:** Food that collects on and between the teeth can collect odor-producing bacteria.
- ◆ **Poor Dental Hygiene:** Failure to remove plaque/bacteria from your teeth, gums and tongue every day can cause bad breath. Additionally, failure to properly take care of your teeth leads to cavities and gingivitis, which can also cause bad breath.
- ◆ **Tobacco Use:** Build-up of tobacco tar and nicotine as well as reduced saliva flow have been linked to bad breath.
- ◆ **Medical Conditions:** Respiratory tract infections, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbances or liver and kidney ailments can also contribute to bad breath.

Make sure to brush twice a day and floss daily to remove odor-causing bacteria from your teeth, gums and tongue. Antibacterial toothpastes and mouthwash will also help kill odor-causing bacteria. A clean, plaque-free mouth is critical to maintaining fresh breath. Other helpful tips include:

- ◇ Rinsing with mouthwash after eating
- ◇ Brushing your tongue to remove bacteria
- ◇ Chewing sugarless gum to stimulate saliva flow
- ◇ Snacking on celery, carrots and apples which can help loosen debris that sticks between teeth
- ◇ Eat a nutritious diet – vitamin deficiencies can contribute to bad breath



# WHAT FOOD CAN I EAT TO PREVENT OSTEOPOROSIS?



## DAIRY PRODUCTS

Milk, Yoghurt,  
Cheese



## GREEN LEAFY VEGETABLES

Broccoli, Kale, Collard greens,  
Turnip greens



## FISHES

Salmon,  
Sardines



## NUTS

Almonds,  
Brazil Nuts



## ENRICHED FOODS

Cereals, Orange  
juice, Bread

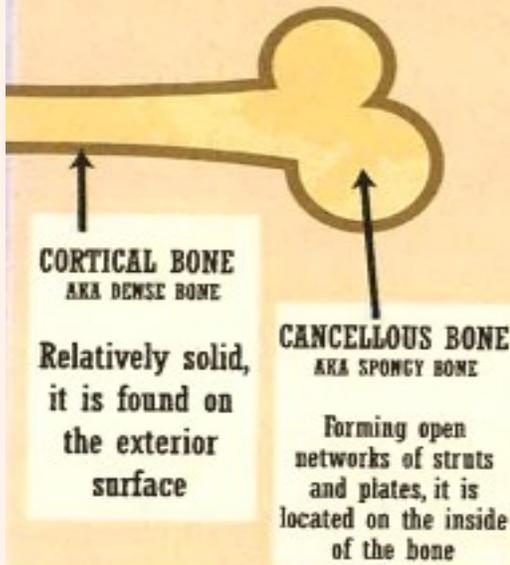


# OSTEOPOROSIS

A disease in which bones become weak and brittle. It occurs with excess loss of bone and/or when the body makes too little bone.

## What is BONE?

It is the structural support for the heart, lungs and marrow. Bone also protects internal organs. Muscle attaches to the bone allowing limb movement. In addition to all of this, bone also acts as a reservoir for calcium and phosphorus.



## RISK FACTORS:

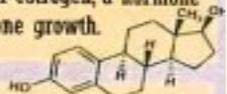
### #1 Ethnicity and Familial History

Total hysterectomy, with the removal of both the uterus and ovaries, will result in rapid bone density loss and is a major risk. The ovaries are the primary producers of estrogen, a hormone that plays a vital role in bone growth.



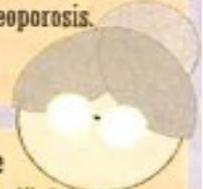
### #2 Gynecological Surgery History

Total hysterectomy, with the removal of both the uterus and ovaries, will result in rapid bone density loss and is a major risk. The ovaries are the primary producers of estrogen, a hormone that plays a vital role in bone growth.



### #3 Age

Older people have a higher likelihood of acquiring osteoporosis. Fifty percent of women 50+ years have osteoporosis.



### #4: Gender & Menopause

Women are 4 times more likely to get osteoporosis than men. Menopause causes lower estrogen levels which could lead to lower bone density.

## DIAGNOSIS:

Take a look at your medical history! How old are you? Is there anyone else with osteoporosis in your family? Do you properly diet and exercise?

Check for height loss over time.

Take a bone density test. Non-invasive x-ray technology can measure bone mineral density.

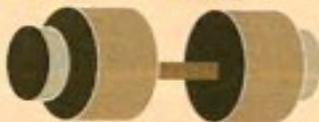
FRAX, the Fracture Risk Assessment Tool, estimates the chance of breaking a major bone in 10 years; the results could be based on your geographic location.

Basic laboratory tests could also be performed (blood, urine, and hormone tests)



## Treatment and Prevention:

### Lifestyle Change with DIET & EXERCISE



Exercises should be **WEIGHT BEARING**, such as walking, jogging, and playing tennis.

## MEDICINE

Teriparatide and Calcitonin are artificial hormones to increase bone density

## CALCIUM & VITAMIN D SUPPLEMENTS



**QUIT SMOKING!** Smoking decreases the production of estrogen and inhibits the body's absorption of calcium, an integral element in healthy bone growth. Smokers are shown to be less involved in weight bearing exercises than their non-smoking counterparts



# Bone Health Tips from Orthopaedic Surgeons



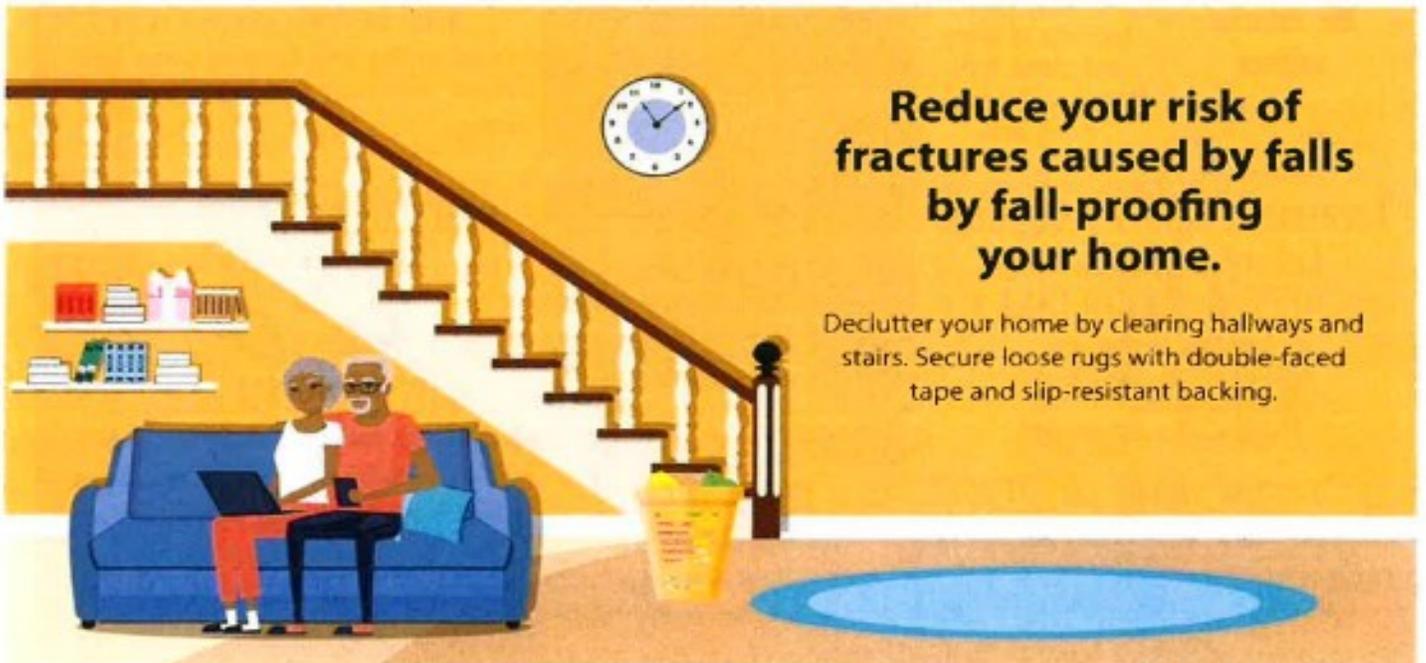
## Stay active with weight-bearing activities

Consider any of the following weight-bearing activities three times a week for at least 30 minutes: brisk walking or jogging; weight training; team sports; dancing or aerobics.

## Get enough Vitamin D

Vitamin D is necessary for strong bones and muscles. The body needs at least 1000 International Units (IU) per day from diet. Without Vitamin D, our bodies cannot effectively absorb calcium, which is essential for good bone health.

Vitamin D Rich Foods			
FISH	MILK	EGGS	CHEESE
			
600 IU	80-124 IU	41 IU	6 IU



## Reduce your risk of fractures caused by falls by fall-proofing your home.

Declutter your home by clearing hallways and stairs. Secure loose rugs with double-faced tape and slip-resistant backing.

***PLEASE REMEMBER TO WEAR A MASK  
WHEN VISITING THE CLINIC***

*Although certain mandates regarding the wearing of masks have been relaxed in many venues, at SYTHC, anyone entering the building is still required to wear an appropriate face covering to prevent the spread of disease. Masks are available in the lobby for anyone who does not have one to use. We sincerely thank you for protecting each other by honoring our request.*



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**CHUMASH**  
ENTERPRISES

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