Clinic Feasibility Study

Richard W. Matens, Chief Health Officer

Part of our clinic’s strategic plan is to look at growth options for the services we offer to the Chumash community. Oftentimes such plans, unfortunately, remain only on the shelf and are never realized. However, I am excited to announce that we are not letting that happen. SYTHC has contracted with Health Management Associates to conduct a feasibility study regarding the future growth of clinic services. The feasibility study will be composed of two initiatives: A) a Team Member Health Clinic and B) the potential expansion of services at our current clinic site.

The prospect of opening a clinic primarily for Chumash Enterprises Team Members is particularly exciting. Having a healthcare facility on-site to take care of the primary and urgent care needs of the enterprise’s workforce, as well as community members, would be such a great benefit. Additionally, there are a number of services (pharmacy, optometry, etc.) that have been identified by the Health Board that would be beneficial to the community and are under serious consideration for us to provide on-site.

The study will be extremely comprehensive to ensure that a final decision to proceed will be based on a thoroughly researched foundation. The study will be conducted over the next several months and is scheduled to be completed by December 31, 2022.

For everyone’s benefit, the scope of work for the feasibility study is outlined below.

SCOPE OF WORK

<table>
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<th>Project Initiation</th>
<th>Needs Assessment</th>
<th>Financial Modelling</th>
<th>Feasibility Report and Strategic Discussion</th>
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<td>Initial kickoff meeting with STYHC-Chumash and HMA staff, finalize work plan, document requests</td>
<td>Collect data, conduct research, surveys, interviews, local market and related data analysis and visualization.</td>
<td>Conduct assessment of the economic viability of SYTHC expansions and prepare financial statements for forecasting of near-term future performance</td>
<td>Summarize findings across all assessment data sources, prepare final report/PPT and conduct discussions with Tribal leaders</td>
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Dr. Google and TikTok Medical Advice

Seeking health advice online isn’t always a bad thing, but there are important things to keep in mind when checking with Dr. Google, or watching TikTok videos:

♦ Online sources vary widely in credibility.

♦ There’s a difference between health information accessible to healthcare providers and the online information available to the general public.

♦ Your healthcare provider can help put online information into context.

♦ People post controversial advice on purpose for more views.

♦ Influencers are sometimes paid by the products they are recommending.

Some of this “advice” are truly just viral memes and meant to be taken as a joke, but can be hard to differentiate from earnest advice. We consider our patients as partners in their own medical care. We encourage patients to be active participants and, when they come into the clinic with information they found online, it helps us understand what they know, what their sources are and what questions they may have.

However, this collaborative approach to health care has shown that patients can stumble upon websites or TikTok videos not based on valid scientific studies. And when inaccurate information is treated as fact, it may cause harm to anyone who acts on its recommendations.

The National Institutes of Health provides a guide (https://www.nccih.nih.gov/health/finding-and-evaluating-online-resources) for evaluating the accuracy of health information and how to tell if what you’re reading is advertising or real, credible news.

No online resource is a replacement for a visit to your doctor, but the internet is a valuable tool for collaborating to achieve your best health.
**SYTHC Team Member Spotlight:**

**Eric George, DDS:**

Eric George is a General Dentist who has worked at the Santa Ynez Tribal Health Clinic for almost 4 years. He graduated from Oregon Health and Science University in Portland, Oregon and started working at SYTHC in 2018 right after graduating from Dental School. Eric is a Southern California native and is happy to be back in the sunshine after living in the Pacific Northwest for 4 years. He grew up in Vista, CA, which is in Northern San Diego County, and comes from a large family of 6 kids. Eric heads down to San Diego often to spend time with friends and family.

Eric is an avid baseball fan and April through October is his favorite season. He is hoping the Padres can one day pull off a miracle and win a World Series. Eric tries to spend as much time as possible outdoors and enjoys going to the beach, golfing, and spontaneous camping trips.

**Tommy Barber:**

Tommy started with SYTHC in December of 2021. He recently moved into the Eligibility Specialist position where he updates native guidelines, helps enroll patients in state funded programs and scans documents into patients' charts. In his spare time, he likes to go fishing, camping and explore the beautiful California beaches on long road trips.

Something most people don’t know about Tommy is that in 2011 he opened a free clinic in San Luis Obispo with Dr. Nooristani called the SLO Noor Foundation. With no medical experience, Tommy was in charge of purchasing the medical equipment and training the volunteers how to use them. Tommy also helped set up the office and patient rooms to make it fully operational. Once things were set up, he helped schedule and room patients until they had enough volunteers. Ten years later, the Clinic is still going strong with private donations. He feels the things he learned at the SLO Noor helped him for his career here!
5 SIDE EFFECTS OF “MASK MOUTH” & HOW TO FIX THEM

Face masks have proven to be an effective defense against the spread of COVID-19 and many of us have been wearing them religiously for the past two years. Frequent wearing of face masks can cause some annoying side effects, which have become known “mask mouth”; here are some tips on dealing with common side effects.

1. MASKNE (MASK ACNE)

Friction, sweat, oil, dirt and the stress of COVID-19 equal the perfect recipe for an acne (or “maskne”) flare-ups on the lower half of your face, including your mouth and chin. Frequent mask-wearing may worsen skin problems on the face, including acne, rosacea and heat rash.

How to fix it: Wash your face with a gentle cleanser at night to remove dead skin cells and debris that cause skin irritation. Those with sensitive skin prone to irritation should moisturize your face with anti-acne ingredients before leaving the house with your mask. Reusable face masks should be washed after every use to remove oils and sweat.

2. MOUTH SORES

Bacteria love to grow in hot and humid climates like the one underneath your mask. An overgrowth of bacteria can cause angular cheilitis, an inflammatory condition causing the corners of the mouth to crack or bleed.

How to fix it: Avoid mouth breathing while wearing a mask because your breath is warm and moist. Try to breathe in and out through your nose. Also, take breaks from wearing your mask when you are not around others and can safely avoid meeting somebody.

3. DRY LIPS

Trapped moisture in the mask can irritate your lips, making you lick or pick at your lips more than normal. This daily irritation can lead to dry, cracked and bleeding lips.

How to fix it: Keep a lip balm handy and reapply during the day to prevent flaky, chapped lips. You can also exfoliate your lips by gently rubbing them with a soft-bristle toothbrush every night before bed.
4. **Bad Breath**

According to the Academy of General Dentistry, 80 million people suffer from chronic bad breath, and that is before masking became normal.

How to fix it: To fight bad breath drink water during the entire day to hydrate and moisten your mouth. Make sure you are brushing 2x daily and flossing. Tongue scrapers can also prevent bad breath by removing some of the odor causing bacteria on the tongue.

5. **Breathlessness**

Until recently, only health care workers wore face masks all day. Breathing normally while wearing a mask takes getting used to.

How to fix it: If you have trouble breathing while wearing a mask, change it out for one made from a more breathable material. If you suffer from moderate to severe asthma or another chronic lung disease, the U.S. Centers for Disease (CDC) advises limiting your contact with others because you are at an increased risk for COVID-19 complications.
MOST SKIN CANCERS ARE CAUSED BY
THE SUN’S UVA AND UVB ULTRAVIOLET (UV) RAYS

NEW SKIN CANCER CASES IN THE U.S. THIS YEAR

- SKIN CANCER (non-melanoma) 3,500,000
- BREAST CANCER 235,030
- PROSTATE CANCER 233,000
- LUNG CANCER 224,210
- COLORECTAL CANCER 136,830
What’s Your Sun Safety Score?

Sun Safety Word Search

Find the words hidden vertically, horizontally, diagonally, and backwards

WORDS

BRIGHT BURN CUMULATIVE DAMAGE DANGEROUS DERMATOLOGIST EXPOSURE EYES MELANIN MELANOMA OUTDOORS PEAK RADIATION RASH RAYS SAFETY SHADY SKIN SPECTRUM SUN SUNGLASSES SUNSCREEN ULTRAVIOLET VISION
Reminder!
We are offering two more Saturday pediatric clinics for vaccines and physicals for your kids!

Pediatric Vaccine Clinics

SYTHC will be offering Pediatric Vaccine Clinics on the Saturdays below from 9am to 3pm to address childhood physicals, sports physicals, & childhood immunizations, including the COVID-19 vaccine.

July 9
July 30
August 6

If parents prefer to schedule their children’s vaccinations during a weekday, appointments will be available Mondays through Thursdays from 8:30am to 4pm.

Appointments are required for both the Saturday Vaccine Clinics and weekday vaccinations. To schedule your child’s appointment for either option, please call 805-688-7070.
Notes from The Front Desk

What Is Absent Parental Consent and Why Is It Important?

Absent parental consent is when a parent or legal guardian, gives a designated individual authorization to bring their child in for an appointment. Legally, in most situations, any person under the age of 18 cannot be treated without a parent/guardian being present, as they are not of legal age to make decisions for themselves. The absent parental consent also authorizes the designated individual to make healthcare decisions on behalf of the child. Here are some helpful tips to keep in mind:

- Finding a person you trust and who you feel is competent to make decisions for your minor child.
- Informing the designated individual of any significant medical history that the provider might need in order to help care for your minor child.
- Informing the designated individual of any medications your minor child is taking.
- Choosing an end date for the consent form. At SYTHC, the consent time limit defaults automatically at 1 year, but a parent/guardian can choose to limit the consent to an amount of time less than this.
- Making sure the consent form is signed and dated to prevent any delay in care.

We appreciate your understanding and cooperation. We look forward to taking care of your children.