



THE CENTER OF HEALTH

A monthly newsletter from the Santa Ynez Tribal Health Clinic

August 2022

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*

Dr. Chang Appointed Medical Director

I am happy to announce that Dr. Teresa Chang has been appointed to Medical Director for the Santa Ynez Tribal Health Clinic. Dr. Chang has been one of our most popular and productive providers at the clinic since she started with us in December 2019. She has been a family practice physician for over 20 years, beginning her career in western New York. She grew up in Buffalo and practiced in Rochester, NY, since 2002, until she joined our team.



Since 2013, Dr. Chang has incorporated integrative medicine (energy and mind-body medicine) with her family practice. She is extremely familiar with Federally Qualified Health Centers (FQHCs) and serving the most vulnerable populations, and she has worked in both rural and inner-city clinics treating their patients. Dr. Chang is fluent in Spanish and is also conversationally fluent in Mandarin. Her hobbies include cooking, watching travel videos, and learning about different cultures.

In her role as Medical Director, Dr. Chang will oversee the medical clinical practices for the clinic. She will work closely with Joseph Carter, PA-C and Samantha Brooks, RN, who each have expanded administrative roles at the clinic, to ensure that SYTHC continues to provide services in accordance with the highest standard of care possible.

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

MEDICAL DEPARTMENT

August is Known as National Wellness Month: We Focus on Self-care, Managing Stress and Promoting Healthy Routines

Self-care is an important part of well-being for ourselves and those around us. It can take 21 days for something to become a habit and 90 days for it to be a lifestyle change. Practicing self-care, managing stress, being mindful, practicing self-compassion, and focusing on proper nutrition and exercise are all things you could work towards incorporating into your daily routine. Here are some simple self-care habits to start including into your daily routine to help improve your well-being.

- ◆ **Drink more water.** Staying hydrated is one of the best things you can do for your overall health. Water helps give you energy, flushes toxins from your body, improves concentration, and can even help with weight loss.
- ◆ **Stretch or practice yoga.** If you are on your feet all day, or sitting at a desk most of the day, stretching daily can help improve your posture, heal back pain, as well as ease your mind.
- ◆ **Try something new.** Whether it be a new bike route, exploring a new restaurant, or volunteering. Doing something new can help improve your mental outlook and make you feel good overall.
- ◆ **Prioritize exercise.** There are so many benefits to exercising, including pain management, releasing stress, boosting confidence, as well as increasing strength, and much more.
- ◆ **Pay attention.** If something is making you feel overwhelmed or stressed, pay attention and act. Go take a walk, try a breathing technique, talk to a friend, find something to help alleviate the overwhelming feeling, and give yourself the opportunity to slow down.
- ◆ **Make healthy food choices.** Food can impact the way you feel. Having a balanced diet and good nutrition will help nourish your body and lead to good overall health.

Take this month dedicated to wellness as your chance to begin creating and incorporating healthy routines into your daily life. Adding one or two of these habits daily or weekly can lead to big changes over time.

MEDICAL DEPARTMENT

Foods Mood TO IMPROVE YOUR

Grapes

Grapes are full of vitamin C and natural sugars, both of which enhance mood and boost energy.



Tomatoes

Tomato skins help stop the pro-inflammatory compounds that are linked to depression.



Green Tea

Green Tea contains L-Theanine, an amino acid that decreases anxiety and stress.



Dark Chocolate

Dark Chocolate improves blood flow to the brain, and is almost immediately noticeable in brightening your mood!



Spinach

Spinach contains vitamins B6, B12, and B9, all of which are essential in producing serotonin.



Walnuts

Walnuts have omega 3s and antioxidants, both which have benefits. They also contain magnesium, which can reduce irritability, anxiety and depression.



Water

Water may not be a food, but it is important for our mood! Dehydration can impair our brain's ability to function.



Bananas

Bananas can increase the production of serotonin and dopamine. Important neurotransmitters for happiness.



Almonds

Almonds contain good fats for skin and brain health. They also increase dopamine levels.



Strawberries

Strawberries are a great source of potassium and vitamin C. Potassium can help generate nerve impulses.



Avocado

Avocados are great for your skin and hair, but they also increase dopamine levels and increase endorphins!



Yogurt

Yogurt in can help boost your vitamin D, just like the sun can. Lack of vitamin D can cause depression.



Asparagus

Asparagus is one of the highest plant-based sources for tryptophan, which creates serotonin.



Raw Honey

Honey is a source of sweetness without the negative effects of sugar. It helps reduce inflammation in the brain.



Soda and Your Teeth

During the warm summer months, many of us reach into the refrigerator for a refreshing soda. Before popping the top on another can of your favorite soft drink, you should consider the harm you are doing to your teeth.

Drinking soft drinks causes dental health issues in the following ways:

Erosion: The acids in sodas weaken enamel, the hard/outer layer of teeth. When enamel softens (i.e. erosion), the sensitive dentin layer underneath your enamel is exposed, making teeth more susceptible to further damage and tooth decay. Enamel erosion can also lead to tooth pain and sensitivity. Erosion is a serious issue because once tooth enamel is gone, you can't get it back.

Cavities: Besides weakening tooth enamel, the carbonation, sugar, and acids in sodas attract bacteria in your mouth, which can eventually cause cavities.

If you aren't convinced yet that you should stop drinking soda, consider the following tips to reduce the damage that can be done to your teeth:

- ◆ **Don't sip all day:** Constant exposure to the sugars and acids in soft drinks means your mouth can't restore its natural pH balance. All types of sodas (even sugar-free versions) are very acidic and your saliva may take up to 20 minutes to restore a "balanced" pH condition, from the time of your last sip.
- ◆ **Lessen direct exposure:** The faster you drink soda, the less time the sugars and acids have to damage your teeth. You can also drink using a straw, which delivers the soda to the back of your mouth instead of bathing your teeth.
- ◆ **Rinse your mouth with water:** Rinsing your mouth with water after drinking soda will help wash away some sugars and acids.
- ◆ **Wait before you brush:** Brushing your teeth immediately after drinking a soda is actually a bad idea. It is more beneficial to wait 20 minutes after your last sip before brushing, so that you don't scrub toothpaste on the softened enamel.
- ◆ **Drink soda with food:** Drink a soft drink with meals instead of in-between meals. When chewing food, your mouth has more saliva present to break down the acids found in soda.



DID YOU KNOW?

People who drink 3 or more sodas a day have 62% more tooth decay than others.

SYTHC Team Member Spotlight:

MATHILDA SANDERS:

Mathilda has been the Executive Assistant at the clinic since August 2020 when she was given the opportunity to return to the enterprise in the middle of the pandemic. She previously spent 10 years with the enterprise in various positions before leaving to explore a profession in the banking world. With over 15 years of experience as an Executive Assistant, she helps keep SYTHC running in collaboration with the other members of the administrative team.

Outside of work, Mathilda is an avid sports enthusiast, being a dedicated fan of the Indianapolis Colts. She also enjoys travelling with her husband and spending time with her four children.



ZENAIDA AVILA:



Zenaida is a Medical Referrals Specialist who has worked in the unit at SYTHC since November 2021. Since she started working for the clinic she has enjoyed serving the community and getting to know patients. Zenaida has a strong medical background, previously having worked as a Medical Assistant since 1998. She became interested in working in health care after her infant sister was diagnosed with leukemia. Zenaida's passion and love for people and patient care is demonstrated consistently in her interactions with members of the Chumash community.

Zenaida is happily married and has a two-year old daughter. During her time away from the clinic, she enjoys spending time hiking, planning road trips and spending a great deal of time with her family and friends.

COMMUNITY & SOCIAL SERVICES

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

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

The ovary
 Produces and stores eggs until they traverse fallopian tube to move into uterus

Germ cells produce eggs

Ovarian cancer
 Malignant growth can grow from any cells in the ovary

Main types

1 Epithelial carcinoma
 ■ Accounts for 90 percent of all ovarian cancers
 ■ Occurs most in women around age of 60

2 Stromal tumors
 ■ Most often occur in women over the age of 50
 ■ Usually not so aggressive, prognosis can be good

3 Germ cell tumors
 ■ Occurs most often in young women
 ■ Good prognosis with chemotherapy

1 Epithelial cells line surface

2 Stromal cells for the connective tissue that keeps the ovary together

3 Germ cells produce eggs

4 Epithelial cells line surface

5 Fallopian tube

6 Uterus

7 Ovary

▶ Lifetime risk for general population is 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. | ✗ |



COMMUNITY & SOCIAL SERVICES

A RECIPE FOR YOU!

Wild Rice Hamburgers

Ingredients

1 pound ground beef

2 cups cooked wild rice

2 cloves minced garlic (optional)

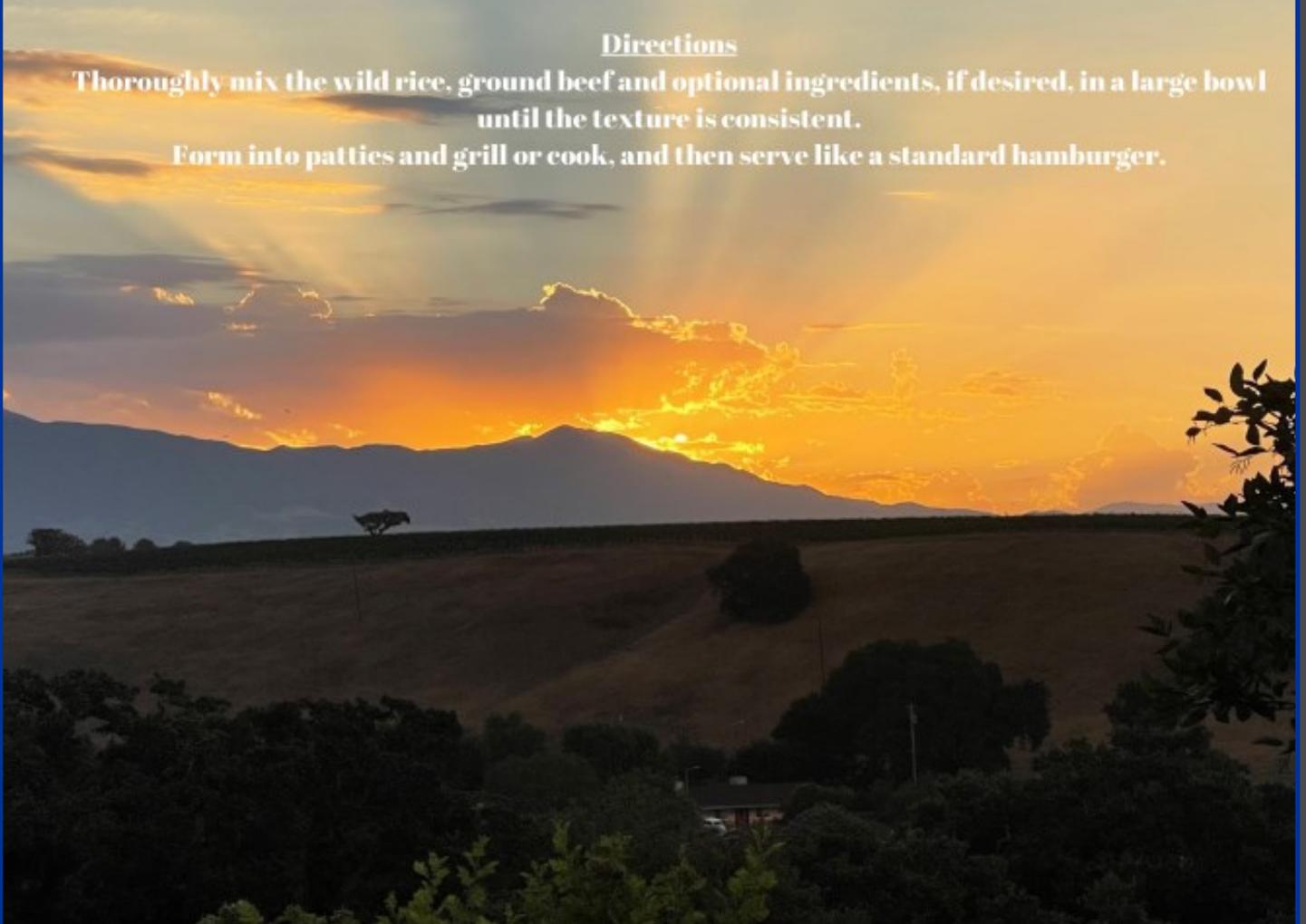
1 tablespoon fresh chopped or dried thyme, oregano, and/or rosemary (optional)

Salt and pepper to taste (optional)

Directions

Thoroughly mix the wild rice, ground beef and optional ingredients, if desired, in a large bowl until the texture is consistent.

Form into patties and grill or cook, and then serve like a standard hamburger.



New CDC COVID-19 Guidance

<https://www.cdc.gov/media/releases/2022/p0811-covid-guidance.html>

The Centers for Disease Control and Prevention (CDC) is streamlining its COVID-19 guidance to help people better understand their risk, how to protect themselves and others, what actions to take if exposed to COVID-19, and what actions to take if they are sick or test positive for the virus. COVID-19 continues to circulate globally, however, with so many tools available to us for reducing COVID-19 severity, there is significantly less risk of severe illness, hospitalization and death compared to earlier in the pandemic.

In support of this update, the CDC is:

- ◆ Continuing to promote the importance of being [up to date with vaccination](#) to protect people against serious illness, hospitalization, and death. Protection provided by the current vaccine against symptomatic infection and transmission is less than that against severe disease and diminishes over time, especially against the currently circulating variants. For this reason, it is important to stay up to date, especially as new vaccines become available.
- ◆ Updating its guidance for people who are not up to date on COVID-19 vaccines on what to do if exposed to someone with COVID-19. This is consistent with the existing guidance for people who are up to date on COVID-19 vaccines.
- ◆ Recommending that instead of quarantining if you were exposed to COVID-19, you wear a high-quality mask for 10 days and get tested on day 5.
- ◆ Reiterating that regardless of vaccination status, you should isolate from others when you have COVID-19.
 - ◇ You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have test results.
- ◆ Advising if your results are positive, follow CDC's full isolation recommendations.
- ◆ Advising if your results are negative, you can end your isolation.
- ◆ Recommending that if you test positive for COVID-19, you stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days. Wear a high-quality mask when you must be around others at home and in public.
 - ◇ If after 5 days you are fever-free for 24 hours without the use of medication, and your symptoms are improving, or you never had symptoms, you may end isolation after Day 5.
 - ◇ Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID-19 until at least Day 11.
 - ◇ You should wear a high-quality mask through Day 10.
- ◆ Recommending that if you had [moderate illness](#) (if you experienced shortness of breath or had difficulty breathing) or [severe illness](#) (you were hospitalized) due to COVID-19 or you have a weakened immune system, you need to isolate through day 10.
- ◆ Recommending that if you had [severe illness](#) or have a weakened immune system, consult your doctor before ending isolation. Ending isolation without a viral test may not be an option for you. If you are unsure if your symptoms are moderate or severe or if you have a weakened immune system, talk to a healthcare provider for further guidance.
- ◆ Clarifying that after you have ended isolation, if your COVID-19 symptoms worsen, restart your isolation at day 0. Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.
- ◆ Recommending screening testing of asymptomatic people without known exposures will no longer be recommended in most community settings.
- ◆ Emphasizing that physical distance is just one component of how to protect yourself and others. It is important to consider the risk in a particular setting, including local COVID-19 Community Levels and the important role of ventilation, when assessing the need to maintain physical distance.

Actions to take will continue to be informed by the [COVID-19 Community Levels](#), launched in February. CDC will continue to focus efforts on preventing severe illness and post-COVID conditions, while ensuring everyone have the information and tools, they need to lower their risk.

MEDICAL DEPARTMENT RENOVATION

We are excited to announce that the renovation of the Medical Department is now complete. The upgrades to the unit include:

- ◆ Converting interior offices into exam rooms with new cabinetry
- ◆ Converting exterior exam rooms into provider offices
- ◆ Creating a central station that co-locates all Medical Assistant workstations
- ◆ Adding an additional treatment room to the capacity of the clinic; we now have eleven medical treatment rooms in total



The end result is a beautiful and much more efficient environment that will facilitate our care teams to be much more productive, collaborative, and effective in our medical care delivery at SYTHC.

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CHUMASH
ENTERPRISES