COVID-19 BOOSTERS AVAILABLE

Richard W. Matens, Chief Health Officer

SYTHC is pleased to announce that the Santa Ynez Tribal Health Clinic is now providing the Moderna COVID-19 vaccine booster shot to patients who qualify. The Food and Drug Administration (FDA) has authorized the use of the Moderna booster dose for all approved COVID-19 vaccines, including Moderna, Pfizer-BioNTech, or Janssen (Johnson and Johnson).

Below are the qualifying criteria to receive the Moderna booster shot, as identified by the CDC:

1) For those who received a Pfizer-BioNTech or Moderna COVID-19 vaccine, the following groups are eligible for a booster shot at least six months after their second shot:
   - 65 years and older
   - Age 18+ who live in long-term care settings
   - Age 18+ who have underlying medical conditions
   - Age 18+ who work or live in high-risk settings

2) For those who received Janssen COVID-19 vaccine, booster shots are recommended for individuals 18 years or older at least two months after your shot.

The Santa Ynez Tribal Health Clinic is also offering the influenza (flu) vaccine to all Enrolled Tribal Members, regardless of insurance coverage. Individuals can receive both the COVID-19 booster and the flu vaccination during the same visit, unless an underlying medical condition prevents you from doing so.

If you are a patient who meets the above criteria and would like to obtain the Moderna COVID-19 booster shot or the flu vaccine, you can schedule an appointment by calling the Santa Ynez Tribal Health Clinic at (805) 688-7070.

Thank you for taking the necessary precautions to keep yourself and your loved ones safe.
How did Native Americans and Pilgrims care for their teeth?

As Thanksgiving approaches, you may find it interesting to look back at how different cultures cared for their teeth!

Native Americans:

Natural Diet: Native Americans were expert hunters and gatherers, and their diet consisted mostly of corn, beans, squash, fish and game. They would eat these foods largely unaltered by spices, which were more prominent in Europe. They also ate a lot of fresh fruit and nuts, which helped to minimize plaque accumulation on their teeth. Their fresh diet, which was high in fiber, led to healthy teeth and gums.

Natural Toothcare: Native Americans cleaned their teeth by using chewsticks; one end was frayed by a rock and used for brushing, while the other end was sharpened and used as a toothpick. Native Americans would chew on the frayed end to clean debris from their teeth. Native Americans also chewed on pine needles to clean debris from between their teeth. They also chewed fresh herbs such as sage, cucacua and mint to freshen their breath.

Pilgrims:

Preserved Foods: The first pilgrims stocked their ships for the long voyage to the colonies with preserved foods like salted dried meats, dried fruits and hardtack – a dried biscuit similar to a saltine cracker. All of these foods easily stuck to teeth and led to an increase in cavities.

The Pilgrims did not have access to distilled/clean water and the primary beverages on their ships were beer and wine. Highly acidic wine easily stained teeth, and without frequent brushing and rinsing, excessive alcohol consumption also lead to an increase in tooth decay.

Limited Access to Toothbrushes: European toothbrushes were typically made with a bone handle and bristles from hog hair, but were mostly used by upper class society, and not primarily by sailors. All of these factors added up to very unhealthy oral conditions.

SYTHC Dental hopes you and your family have a pleasant Thanksgiving this year. Remember to brush your teeth after eating your favorite holiday meals!
SYTHC now carries REGEN-COV (also known as Regeneron) for the treatment of COVID-19 that does not require hospitalization. Patients who qualify receive injections at the clinic, are monitored for one hour, and get discharged to go home. REGEN-COV does not alter mental status or cause fatigue so you can drive yourself to and from your appointment.

**What is REGEN-COV:** REGEN-COV (casirivimab and imdevimab) is a cocktail of two monoclonal antibodies that were designed specifically to block the ability of SARS-CoV-2, the virus that causes COVID-19, to infect the body. The two virus-neutralizing antibodies that form this cocktail bind to the virus’s spike protein, which causes the virus to lose its ability to infect cells. In clinical trials, there was a 70% reduction in COVID-19-related hospitalization or all-cause death, a reduced amount of virus in the body (viral load), and a faster time for symptoms to resolve (reduced by 4 days). When used for preventing getting COVID-19 after an exposure in someone who doesn’t have any symptoms (post-exposure prophylaxis), there was an 81% risk reduction in the development of COVID-19 with REGEN-COV treatment compared to placebo.

**Qualifications for Treatment for Mild to Moderate Symptoms:** Someone qualifies for REGEN-COV if they have mild to moderate COVID-19, are 12 years of age and older, weigh at least 88 lbs., have had a positive COVID-19 test result within the last 10 days, **AND** are at high risk for progression to severe COVID-19. Most patients will qualify for treatment if they have tested positive. Anyone with severe COVID-19, such as they require oxygen and/or need to be hospitalized, does not qualify as they need a different form of treatment. The following is a list of some common conditions that may qualify someone as high risk:

- Being ≥65 years of age
- Diabetes
- Pregnancy
- Immunosuppressive disease or immunosuppressive treatment
- Having a medical-related technological dependence (for example, tracheostomy, gastrostomy, or positive pressure ventilation (not related to COVID-19)
- Obesity or being overweight
- Hypertension
- Chronic kidney disease
- Neurodevelopmental disorders (e.g., cerebral palsy)
- Cardiovascular disease
- Sickle cell disease
- Chronic lung diseases
Treatment for Exposure to COVID-19: REGEN-COV can also be used, in certain groups of people, to prevent someone from getting COVID-19 after being exposed to someone with COVID-19. This type of treatment is called post-exposure prophylaxis. People who qualify for this include people who are not fully vaccinated OR who are not expected to mount an adequate immune response to complete COVID-19 vaccination AND have been in close contact to an individual infected with COVID-19 or are at high risk of exposure to an individual infected with COVID-19 because they are in an institutional setting (for example, nursing homes, prisons). Someone qualifies for REGEN-COV for post-exposure prophylaxis if they are 12 years of age and older, weigh at least 88lbs, AND are at high risk for progression to severe COVID-19, and have had a known exposure to someone with COVID-19.

Please read the EUA fact sheet at https://www.fda.gov/media/145612/download for more information.

Getting Treatment at SYTHC: We are excited to be able to provide this life-saving treatment to our patients. REGEN-COV is not a substitute for vaccines and we highly encourage all of our eligible patients to receive one of the COVID-19 vaccines that we also offer in our clinic.

For any questions regarding REGEN-COV or COVID-19: Please call us at 805-688-7070.

Flu Shot Reminder!

If you are interested in getting your 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.
Prediabetes is a serious health condition that puts you at an increased risk for developing type 2 diabetes. Prediabetes affects more than 1 in 3 U.S. adults—that’s 88 million people—but most people don’t know they have it.

The good news is that by making healthy lifestyle changes, it is possible to manage or reverse prediabetes and prevent it from turning into type 2 diabetes.

Follow these tips to manage your prediabetes

01
Take small steps.
Making changes to your lifestyle and daily habits can be hard, but you don’t have to change everything at once. Start small.

02
Move more.
Limit time spent sitting and try to get at least 30 minutes of physical activity 5 days a week. Start slowly by breaking it up throughout the day.

03
Choose healthier foods and drinks most of the time.
Pick foods that are high in fiber and low in fat and sugar. Build a plate that includes a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.

04
Lose weight, track it, and keep it off.
You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.

05
Seek support from your doctor.
People are more successful at managing their prediabetes if they have regular contact and support from trusted health care professionals.

06
Stay up to date on vaccinations.
The COVID-19 and flu vaccines are important for people who may be more likely to get very sick from COVID-19 or the flu, such as people with diabetes.

Visit niddk.nih.gov for more information on managing prediabetes.
Are you at risk for type 2 diabetes?

WRITE YOUR SCORE IN THE BOX.

1. How old are you?
   - Less than 40 years (0 points)
   - 40–49 years (1 point)
   - 50–59 years (2 points)
   - 60 years or older (3 points)

2. Are you a man or a woman?
   - Man (1 point)
   - Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?
   - Yes (1 point)
   - No (0 points)

4. Do you have a mother, father, sister or brother with diabetes?
   - Yes (1 point)
   - No (0 points)

5. Have you ever been diagnosed with high blood pressure?
   - Yes (1 point)
   - No (0 points)

6. Are you physically active?
   - Yes (0 points)
   - No (1 point)

7. What is your weight category?
   - See chart at right.

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

ADD UP YOUR SCORE.

If you weigh less than the amount in the left column: 0 points

The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at diabetes.org/alertday or call 1-800-DIABETES (800-342-2383).
Setting Boundaries - Holiday Edition

If thinking about the holidays brings on a wave of stress and overwhelm, you are not alone. For many, juggling the demands can feel like you are overextending your wallet, your schedule and even yourself. Holidays bring an opportunity to brush up on (or create new) boundaries, which allow us to take care of ourselves. Keeping boundaries part of your holidays often includes the following six (6) principles:

1) **Plan ahead:** First, set some time aside to think about and plan about holiday visits, events, or activities before they happen so you feel better prepared. Keep in mind that we can only control certain pieces of these activities, so focus your plans on the areas where you can control. (making a plan for your mom not to bring up your weight is not going to help us prepare. Instead making a plan to respond to mom if she brings this up is a better use of time).

2) **Define triggers:** It shouldn’t be too difficult to identify what topics or activities make you uncomfortable in specific circumstances. Defining the elements that trigger uncomfortable emotions is helpful in knowing where we may want to focus future planning around.

3) **Establishing a plan to communicate “off limits” topics:** Identify if there are any topics you want to be clear are “off limits” (this could be when you’re going to have a baby, your weight, relationship status, ANYTHING that you define). Create a plan to communicate these topics as off limits prior to the activity or create a brief, automatic response if the topic is brought up to clarify it is off limits. This could sound like:

   ♦ “I do not want to talk about this topic. I appreciate you respecting my decision.”
   
   ♦ “This isn’t something I feel comfortable talking with you about.”
   
   ♦ “Please stop bringing up _____. This is an off-limits topic for me.”

4) **Set realistic expectations:** Although burying our head in the sand sometimes feels like a good option in the moment, it rarely provides us with the outcomes we want. Having a reality-based idea for what activities will look like given real limitations of ourselves/others keeps us from increasing disappointment, frustration, or tension. Example: expecting a one-hour visit with family where people avoid others but aren’t confrontational may be more realistic than a three-hour dinner where everyone is together and interacting nicely.
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 members 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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5) **Review the good parts:** Be sure that, as we prepare for these holiday things, we also spend a moment to think about the enjoyable parts or elements that we are looking forward to. Perhaps we even consider how we might be able to expand on those part of the holidays, if this is within our control.

6) **Plan supports:** Letting a trusted friend or supportive other know you may need a debrief after an activity is proactive and helpful. Perhaps your support looks like scheduling an hour to exercise after a stressful activity or planning time to stop at your favorite shop if you are “back home.” Supports include people, animals, places, things, activities; anything that supports your mood and isn’t self-destructive.

**Keep in Mind:** If you participate in dysfunctional relationships during the holidays, some people will shame you for doing things differently including holding boundaries. This pushback is part of the dysfunctional system and does not mean you are doing something wrong.

**Affirmations to Consider**

*I am in charge of determining when something is worth my energy and when it is not.*

*I can do and say hard things.*

*I have the power to change patterns that are not healthy for me.*