



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.*

September 2021

CHANGES IN COMMUNITY SERVICES

Richard W. Matens, Chief Health Officer

SYTHC is announcing big changes this month to its Community Services programming. In August, the Business Committee for the Santa Ynez Band of Chumash Indians approved a two-pronged proposal from the clinic. The clinic based this proposal upon recommendations made in an audit report for the tribe's Indian Child Welfare Act (ICWA) program.

The first aspect of the approval is to move the day-to-day supervision of ICWA program under the clinic. In the past, while the staff of the program resided in the clinic, the official supervision of the program had come under the Business Committee. As a result of this change, a committee is being established to to institutionalize policies and procedures for ICWA activities to ensure adherence to nationally accepted standards of care and regulatory compliance.

The second approved recommendation is to change the name of the department that provides community-based services to the *Department of Community and Social Services*. This change in title more appropriately describes the services to be provided by the department as a whole. Not only are we providing our traditional services to the Chumash community, we are also looking to redefine our approach to meet the future needs of the tribe.

As we head into our strategic planning process, a transformation of our community-based programs is on the horizon. It is an exciting time in the Department of Community and Social Services, and there are great things on the horizon.



IVERMECTIN & COVID-19

Current studies for the drug Ivermectin show no benefit over placebo in the treatment and prevention of COVID-19 in humans. Please do not take medication intended for animals or medication not prescribed to you. If you have questions or would like to discuss ivermectin or other medications for the treatment of COVID-19, please make an appointment with your primary care provider.

Ivermectin was introduced in 1981 and has since been used around the globe to treat parasitic infections in humans and animals. It works by binding to the invertebrate's glutamate-gated chloride channels forcing them open and hyper-polarizing muscle and nerve cells. The hyperpolarization paralyzes the tissue killing the targeted subject. Mammals have similar glycine receptors located in the spinal cord and the brainstem. In low doses ivermectin cannot cross the blood-brain barrier making the medication safe for human use. Due to its low cost and safe treatment for devastating parasitic diseases like River Blindness, Lymphatic Filariasis (Elephantiasis) and, Malaria William C. Campbell and Satoshi Ōmura received the 2015 Nobel Prize in Medicine. Ivermectin is on the World Health Organization's List of Essential Medicines. In 2018, it was the 420th most commonly prescribed medication in the United States, with more than one hundred thousand prescriptions.

Ivermectin has been shown to inhibit the replication of SARS-CoV-2 in cell cultures. However, pharmacokinetic and pharmacodynamic studies suggest that achieving the plasma concentrations necessary for the antiviral efficacy detected in vitro would require administration of doses up to 100-fold higher than those approved for use in humans.

Current safe doses in humans is ≤ 400 mcg/kg/day (micrograms per kilogram per day). For a 150lb human the dose would be 27mg a day. Most treatments are one to three doses seven days apart. They are dosed weekly to kill parasites at different stages in life. To reach antiviral property levels in humans a 150lb person would have to take 2,700mg a day for multiple days in a row.

At such high levels the medication crosses the blood-brain barrier and attaches to the glycine receptors in the brainstem and spinal cord. Activation of the glycine receptor causes membrane hyperpolarization and reduces neuronal responsiveness. This can cause a series of central nervous symptoms side effects up to and including death. At much lower levels it causes nausea, vomiting, diarrhea, heart palpitations, dizziness and liver damage.

A current treatment that has shown effective in outpatient treatment of mild to moderate COVID-19 is now offered in Santa Barbara county. There is no patient cost for the medication and has shown in multiple studies to prevent severe COVID-19, hospitalization, and death. If you have, or think you may have COVID-19 please contact our office at 805-688-7070 to discuss treatment options.

Vaccines are still the safest and most effective way to prevent COVID-19, severe illness, and death.

COVID Stress Relief

Excuse me while I doctor-splain for a moment. (Is that a thing?) Regardless, it doesn't take a doctor to explain the fact that each of us have undergone undue stress throughout this pandemic experience. From kindergartners zooming to their 1st day of school to families bringing life into this world in isolation to elders passing and being unable to gather, we have all suffered loss due to COVID. After seeing pre-pandemic life begin to reemerge, I for one was cautiously optimistic. Yet, with new case counts rising it has been increasingly difficult to keep that optimism up for some of us.



Recently, a phrase caught my eye: “Delta Whiplash”. Delta Whiplash appears to name the psychological impact this Delta variant has brought to many who fear a return to early pandemic life; whiplash right back into isolation. This whiplash may bring up concerns about fewer opportunities for socializing, more travel restrictions, school/ business closures, and the like. As a way to breathe life back into self-care activities and attempt to minimize Delta Whiplash, I asked my fellow Directors here at Santa Ynez Tribal Health Clinic if they could share activities they have leaned on this past year. This is what they had to say:

- ◆ I have taken advantage of solitary hikes along the trails among the redwoods and the coast.
- ◆ We bought a Peloton bike.
- ◆ Lots of cleaning. While cleaning I want to destroy the world. After, I'm as happy as can be!
- ◆ We do our best to take family walks after dinner and on weekend mornings.
- ◆ I try to stay active playing sports
- ◆ I have scheduled Video Game time. It's how I relax.
- ◆ My partner gives me time without the kids for myself and I do the same for her.
- ◆ I starting listening to 5-minute meditations on my drive to work. It helps me manage my workload and the need to constantly be “on”.
- ◆ I practice giving myself and my family grace. Our best is sometimes surviving the day without a meltdown.
- ◆ I started to actually take lunch breaks at work and began walking with coworkers on break.
- ◆ I reorganized my entire house (courtesy of the container store). A clean house for me is so soothing.

I invite you to ask yourself: what have you engaged that helps you manage the chaos? What might you consider doing to give a little buffer between you and the stress of COVID-19? Are there activities you know work well that could reduce your potential for Delta Whiplash?

If you find that you have had a difficult time managing stressors on your own, consider reaching out to a trustworthy friend, family member, medical provider, behavioral health professional, faith-based support, hotline, or the clinic. We are all here to help and only one call away.



September is Suicide Prevention Awareness month, where communities from across the country push to reach people struggling with mental health challenges. For the past 5 years, Santa Ynez Tribal Health Clinic staff have been working with the AHO Youth Council to share resources and deliver programs that bring awareness about suicide in our local community. This month, we challenge you to **#BeThe1To...**



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Find out why this can save a life at
www.BeThe1To.com
If you're struggling, call the Lifeline at
1-800-273-TALK (8255)

As our 5th and final year honoring Suicide Prevention Month with our Native Connections grant, we thank you for your engagement and willingness to learn, speak, and heal along with us. We hope our shared work leaves a lasting legacy and trust that this work will continue in new and exciting ways.

Dentists May Detect First Signs of Acid Reflux

An uncomfortable burning sensation radiating from inside the chest is often a symptom of a condition known as heartburn. Persistent symptoms (more than twice weekly), may be a sign of Gastroesophageal Reflux Disease, or GERD. However, not everyone with GERD suffers from heartburn symptoms. In fact, you may have GERD and not even know it.

More commonly known as “acid reflux”, GERD is caused when the esophageal sphincter, which separates the stomach from the esophagus, allows acid to seep out of the stomach. This acid “seepage” often causes heartburn symptoms, but not always. In the absence of heartburn symptoms, sometimes the first indication that an individual suffers from GERD is the erosion of the hard enamel surface covering the teeth. In fact, it is likely your dentist may be the first person to notice the erosion of enamel surfaces, associated with GERD.

If your dentist suspects you may suffer from GERD, they will discuss their findings with you and may prescribe specialized treatment or recommend lifestyle changes, such as avoiding acidic foods and drinks. If left untreated, GERD can cause irreversible damage to your body, including your teeth enamel. Enamel erosion may also lead to tooth decay and increased sensitivity.

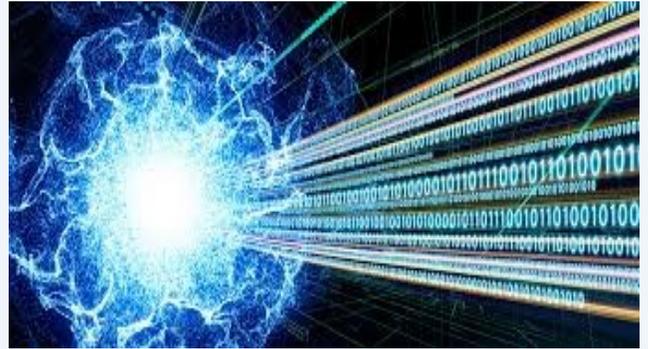
Receiving a regular oral exam from a dentist for a comprehensive evaluation is important in diagnosing cavities, gum disease and other potentially serious health problems such as GERD. In fact, more than 90 percent of systemic diseases have manifestations that may be detected during an oral exam. These conditions include diabetes, leukemia, cancer, heart disease, kidney disease, and acid reflux.

Call us today to schedule your oral evaluation/exam appointment!



FIVE TECHNOLOGY TRENDS FROM 2021 THAT ARE HERE TO STAY

Over the past 18 months, the world has shifted to meet the demands of a new reality. The past year and a half has also been full of unexpected technological advances. Are these innovations simply a product of the pandemic or are they here to stay? Here are five tech trends that experts believe will not disappear.



TREND 1 – DIGITAL WORKSPACES: By the end of June 2020, approximately 20% of the US work force was working from home (full-time). In general, employees have responded positively to the convenience of Work From Home (WFH) life, but employers are also noticing benefits – for example, lower office rental and upkeep costs. According to a report by a major information and communication technology leader, 60% of decision-makers are very satisfied with the ability to cut down on office space, with 40% believing they will have no office space at all by 2030. Early indicators also show remote workers are up to 40% more productive than their in-office colleagues.

TREND 2 – ONLINE LEARNING: At the peak of the COVID pandemic, more than 1.6 billion children in over 195 countries were sent home as classrooms closed. Video conferencing, language learning apps, virtual tutoring, and e-learning software have all seen a huge surge in demand. While the extent to which e-learning continues (as students return to the classroom) is yet to be seen, the necessity of connectivity for education has been made abundantly clear.

TREND 3 – TELEHEALTH: The healthcare industry has traditionally been one of the most resistant when it comes to IT and digital technology uptake. However, the COVID-19 pandemic showed the huge potential of telehealth technologies as vital tools to help avoid the spread of viruses through tracking, testing and treating. Telehealth also provided ways to address the challenges of providing health services at home, through video conferencing, email, telephone, or smartphone apps. Telehealth advances have been particularly helpful for seniors. One study revealed that devices and the internet helped 90% of seniors surveyed during the pandemic. The benefits are not limited to medical services, but can be factors that can improve overall quality of life through mobility, safety and socialization.

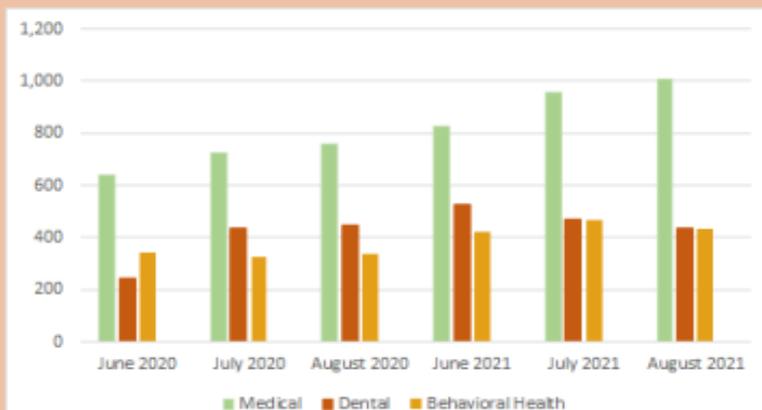
TREND 4 – CONTACTLESS CONVENIENCE: Contactless technology is defining customer experience; from touch-free payments and “just walk out” shopping to biometric check-in for travel and accommodations. Even when shopping in-store, nearly 90% of US shoppers now claim to prefer touchless or self-checkout features.

TREND 5 – AI GENERATED CONTENT: Machine learning innovations like Generative Adversarial Networks (GANs) have caught a lot of attention in recent years. These clever generative models use training data to learn patterns to generate new data that resembles the original input. An example of the output is the ability to create digital images that look like photos of real people. This technology is mostly used for entertainment and filter apps, but is learning as it goes, and is being fed more and more of our history, stories and personal information. One possibility is that artificial intelligence might become more and more powerful over time due to the changing nature of our media consumption.

WE'VE BEEN Busy...

Summer has been a busy time for all SYTHC staff members. With another Covid surge, brings lots of Covid testing for our Medical team. The Medical department had their most productive month since 2019. In August 2021 Medical had 1,009 visits (with an additional 366 visits from our nurse and Covid schedule for a total of 1,375) which is up 25% from August of 2020. Just as busy as Medical has been, Behavioral Health has also been at an all-time high. Patient visits have soared in Behavioral Health ever since the pandemic. Telemedicine has opened opportunities for our patients to seek care in a more accessible way. Behavioral Health has seen the most patients ever seen since opening their department with the total of 465 visits in July. In August, they had 433 visits, which is a 22% increase from August of 2020. Even with patients' hesitancy in visiting the dentist, the Dental Department has been able to maintain high productivity. For the summer months of June through August, the clinic has had 5,545 patient visits. Go team!!

Our SYTHC team is dedicated to serving this community and providing quality care to all patients that walk through our doors. We understand how frustrating it may be to get an appointment with one of our clinical departments, but our front office is offering the soonest appointment available. As you can see, it's been a busy time at SYTHC, so we appreciate your understanding during these unprecedented times.



PRC & Pharmacy

The Santa Ynez Tribal Health Clinic operates a Purchased Referred Care (PRC) program, for eligible Native American patients, which assists in covering costs for approved specialty care (Medical, Dental and Behavioral Health) services that are not offered at our main clinic location and prescription coverage at **CVS**.

In collaboration with **CVS, we are asking all PRC patients provide their updated Private Insurance, CenCal/Medi-Cal, and Medicare cards to **CVS** at their next prescription fill.**

By assisting us, you will insure that you remain eligible for the program and your prescriptions are filled without any delays.

If you should have any issues with your CVS prescription not being covered, please contact Jeremy Patterson at 805-694-2613.

We appreciate your assistance!



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