



# Wicozani Bulletin

(Health)

Health Education Program

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Dear Mni Wakan Oyate,

Hello June! Can you believe that half a year is already gone? I guess we can let the summer weather begin. Is anyone excited for a thunderstorm like me?! ☺ Anyway, I hope you all enjoyed last month's edition of the health bulletin. The bulletin will continue to be sent out monthly. Every edition is very informative on different health topics. I hope you all learned a little something for the month of May about American Stroke Awareness Month and Mental Health Month with preventive information on the Measles outbreak, West Nile, Lyme Disease and Hantavirus information and continued information about head lice prevention and suicide prevention.

**June is Alzheimer's & Brain Awareness Month. I plan on adding new information about Diabetic neuropathy and some DID YOU KNOW FACTS...on some surprise topics. And short continued information about West Nile, Lyme disease and hantavirus. Lastly, continued information about suicide prevention. Because suicide is PREVENTABLE!**

The whole purpose of this Bulletin is PREVENTION, PREVENTION and PREVENTION! We, (Health programs of Tribal Health) would like to inform our elders, along with our youth and middle-aged about different health topics.

If you have any suggestions or would like to see a certain topic put out on the Bulletin, please let me know.

Thank you!

Respectfully,

Shantel DuBois/SL Health Educator

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Upcoming Events/Mark your Calendars

## June 14

Father's Day Event 2019

Building Conference Room

10am-2pm

Fathers come & enjoy a day of fun!

Hosted by Tribal Health

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## Just a little FYI:

Remember to:

- Use sunscreen while out in the sun
- check for ticks
- use mosquito spray

**AND Don't forget to stay hydrated during the summer months!**

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# Alzheimer's & Brain Awareness Month

5.8 MILLION AMERICANS ARE LIVING WITH ALZHEIMER'S. BY 2050, THIS NUMBER IS PROJECTED TO RISE TO NEARLY 14 MILLION.

## Alzheimer's Disease

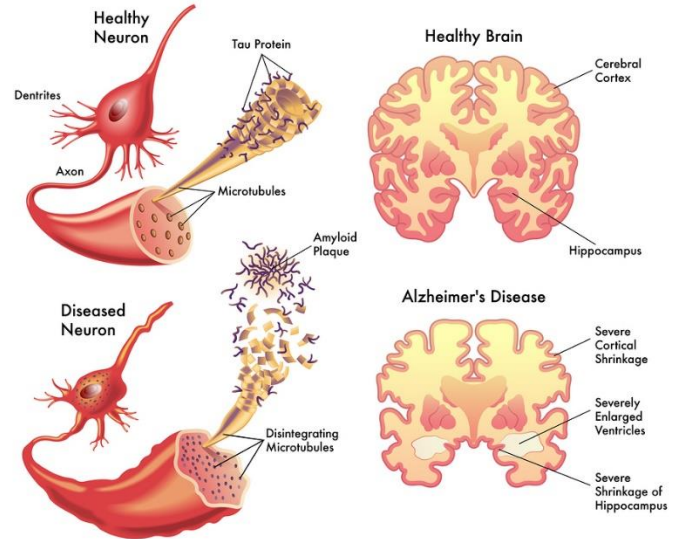
Also called: senile dementia

A progressive disease that destroys memory and other important mental functions.

## Signs & Symptoms

People may experience:

- **Cognitive:** mental decline, difficulty thinking and understanding, confusion in the evening hours, delusion, disorientation, forgetfulness, making things up, mental confusion, difficulty concentrating, inability to create new memories, inability to do simple math, or inability to recognize common things
- **Behavioral:** aggression, agitation, difficulty with self-care, irritability, meaningless repetition of own words, personality changes, restlessness, lack of restraint, or wandering and getting lost
- **Mood:** anger, apathy, general discontent, loneliness, or mood swings
- **Psychological:** depression, hallucination, or paranoia



Brain cell connections and the cells themselves degenerate and die, eventually destroying memory and other important mental functions.

**Memory loss and confusion are the main symptoms.**

**With NO CURE for Alzheimer's disease there are some simple ways to help prevent it.**

## Prevention

**Prevention includes:**

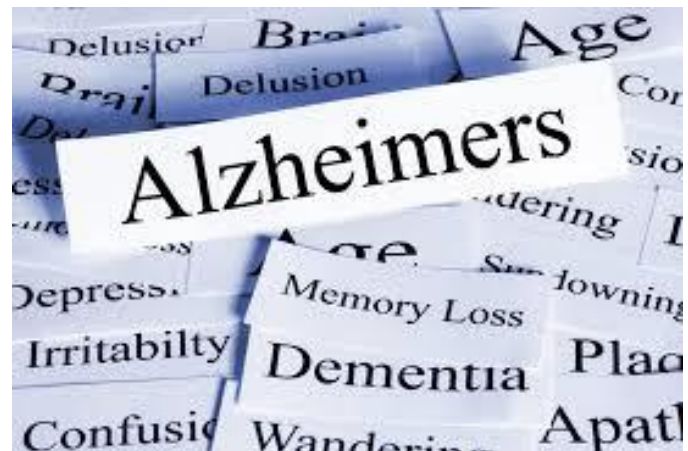
**Regular exercise-** regular physical exercise can reduce your risk of developing Alzheimer's disease by up to 50 percent.

**Social engagement-** staying socially engaged can help protect us against Alzheimer's disease and dementia later in life.

**Healthy diet-** By adjusting your eating habits; you can help reduce inflammation and protect your brain. Cut down on sugar. Avoid trans fats. Get plenty of omega-3 fats. Stock up on fruit and vegetables. Cook at home often.

**Mental stimulation-** Activities involving multiple tasks or requiring communication, interaction, and organization offer the greatest protection. Set aside time to learn something new.

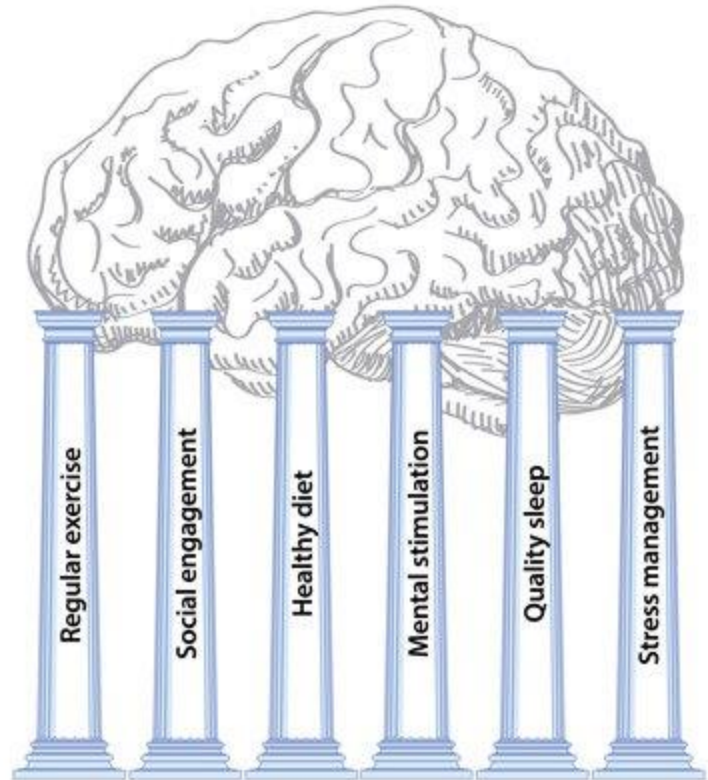
**Quality sleep-** If nightly sleep deprivation is slowing your thinking and affecting your mood, you may be at greater risk of developing symptoms of Alzheimer's disease. The vast majority of adults need at least 8 hours of sleep per night.



**Stress management-** Chronic or persistent stress can take a heavy toll on the brain, leading to shrinkage in a key memory area, increasing the risk of Alzheimer's disease and dementia. Simple stress management tools can minimize its harmful effects.

- Breathe!
- Schedule daily relaxation activities
- Nourish inner peace
- Make fun a priority
- Keep your sense of humor

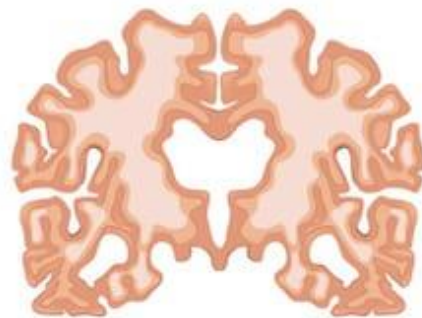
### The 6 Pillars of Alzheimer's Prevention



### Progression of Alzheimer's Disease



Healthy Brain



Mild Alzheimer's Disease



Severe Alzheimer's Disease

(information obtained through <https://www.alz.org/alzheimers-dementia/what-is-alzheimers>)

# Diabetic Neuropathy

About 60 to 70 percent of people with diabetes have mild to severe neuropathy.

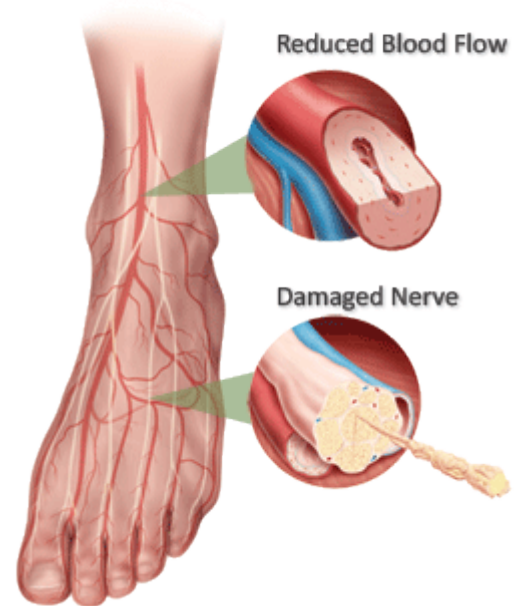
## Diabetic Neuropathy

Also called: diabetic nerve damage

A type of nerve damage that can occur with diabetes.

There are four types of diabetic neuropathy:

- Peripheral neuropathy (also called diabetic nerve pain and distal polyneuropathy)
- Proximal neuropathy (also called diabetic amyotrophic)
- Autonomic neuropathy
- Focal neuropathy (also called mononeuropathy)



## Classification and Types of Diabetic Neuropathy

**Diabetic Peripheral Neuropathy:** Legs and feet are the most commonly affected areas of body.

**Diabetic Autonomic Neuropathy:** This mostly affects digestive system, specially the stomach, urinary system, blood vessels, and reproductive organs.

**Diabetic Proximal Neuropathy:** This causes pain in hips or thighs. It may also result in weakness of legs. Pain is generally on one side of body.

**Diabetic Focal Neuropathy:** This can appear out of the blue and affect specific nerves, most often head, torso, and leg resulting in muscle weakness and pain.

## Signs & Symptoms

pain and numbness in the legs. In more severe cases, symptoms, include; issues with digestion, the bladder, and controlling heart rate.

Sometimes symptoms of a mental health disorder appear as physical

problems, such as stomach pain, back pain, headache, or other unexplained aches and pains.

## Risk factors

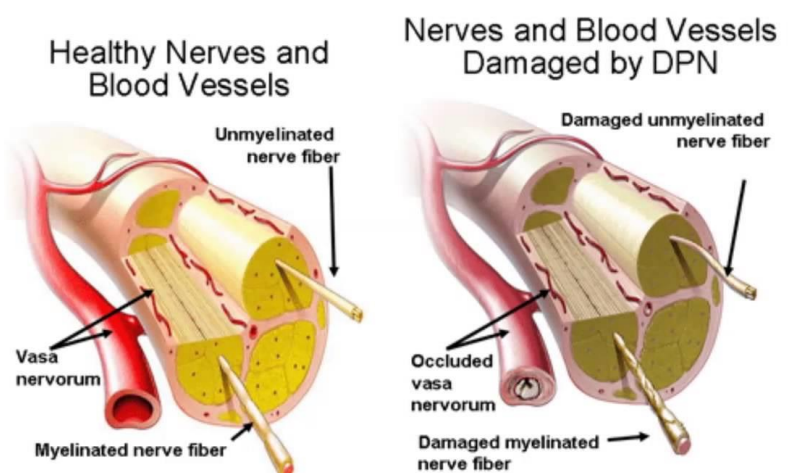
Anyone who has diabetes can develop neuropathy, but these risk factors make you more likely to get nerve damage:

- Poor blood sugar control. Uncontrolled blood sugar puts you at risk of every diabetes complication, including; nerve damage.
- Diabetes history. Your risk of diabetic neuropathy increases the longer you have diabetes, especially if your blood sugar isn't well-controlled.
- Kidney disease. Diabetes can damage the kidneys. Kidney damage sends toxins into the blood, which can lead to nerve damage.
- Being overweight. Having a body mass index (BMI) greater than 24 may increase your risk of diabetic neuropathy.
- Smoking. Smoking narrows and hardens your arteries, reducing blood flow to your legs and feet. This makes it more difficult for wounds to heal and damages the peripheral nerves.

## Prevention

You can prevent or delay diabetic neuropathy and its complications by keeping tight control of your blood sugar and taking good care of your feet.

## Diabetic Peripheral Neuropathy



(Information obtained through [www.mayoclinic.org/diseases-conditions/diabetic-neuropathy](http://www.mayoclinic.org/diseases-conditions/diabetic-neuropathy))

# Did you know...

- ***Ramen***

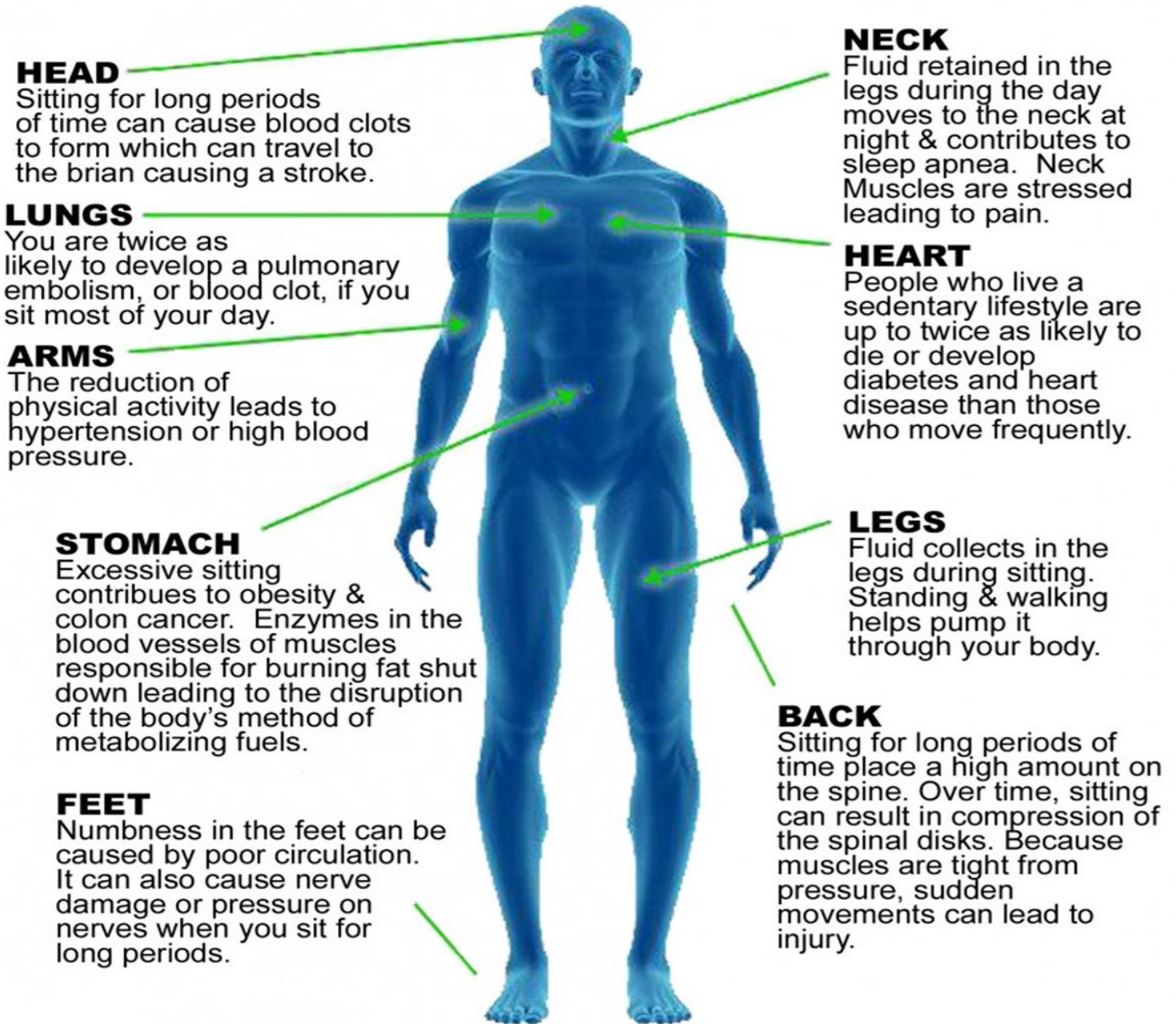
***Noodles can take up to 3 days to digest in your stomach.***

- ***It contains, a food additive called Tertiary-butyl hydroquinone (TBHQ), a preservative used to extend shelf life and prevent spoilage of processed foods.***
- ***It is also, loaded with tons of sodium.***



## ***Rethink your intake!***

# DID YOU KNOW...sitting too long over time can have serious consequences on your health.



Remember- to take a break from sitting, if you can. Stretch your arms. Go for a little walk around your house. Anything helps!



## SHORT INFORMATION ON:

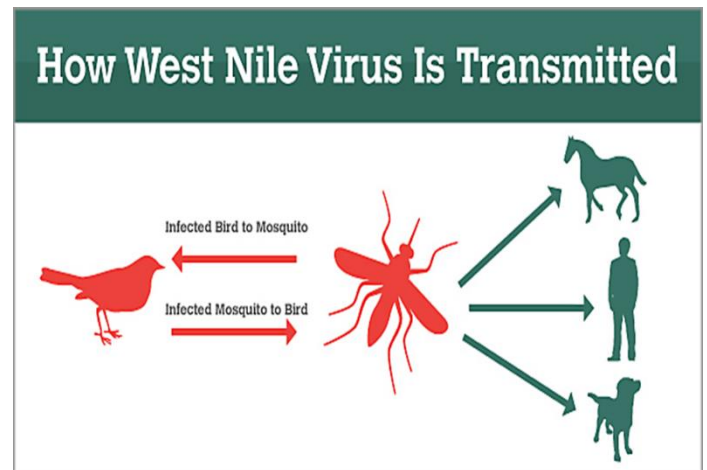
### West Nile Prevention

West Nile virus is most commonly spread to people by the bite of an infected mosquito.

Mosquitoes are most active at dawn and the evening time.

Take the proper precautions and protect yourself and your family, during the summer months by:

- **Wear light-colored clothing, long pants and long-sleeved shirts.**
- **Limit outdoor activities in the evening when mosquitoes are most active.**
- **Use insect repellent containing DEET, picaridin, IR2525, oil of lemon eucalyptus or permethrin. Always follow the directions on the label.**
- **Install or repair screens on windows and doors.**



### Lyme Disease Prevention

is spread through the bite of infected ticks. The most common among our area is the wood tick.

Wood ticks are out anytime of the day.

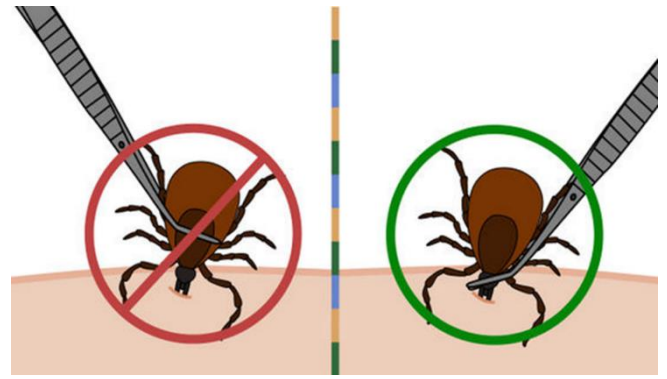
Ticks can attach to any part of the human body but are often found in hard-to-see areas such as; the groin, armpits, and scalp.



#### Properly removing a tick

- Clean the area around the tick bite with rubbing alcohol.

- Get your tweezers right down on your skin so you can grab as close as possible to the tick's head.
- Pull up slow and firm. ...
- Clean the bite area again, and your hands, with rubbing alcohol or soap and water.



**Take the proper precautions and protect yourself and your family, during the summer months by checking frequently for ticks. Especially, if you have young children or grandchildren by:**

- **Using a chemical repellent with DEET or permethrin.**
- **Wearing light-colored protective clothing.**
- **Tucking your pant legs into socks.**
- **Avoiding tick-infested areas.**

## Hantavirus Prevention

Infected rodents spread the virus in their urine, droppings and saliva.

Is transmitted when someone breathes in air contaminated by the virus, and on rare occasions, it can be transmitted through an infected rodent bite.



**People are most often exposed to hantavirus when they inhale dust while cleaning or occupying vacant cabins, sheds or other dwellings and outbuildings that contain rodents, rodent droppings and rodent nests.**

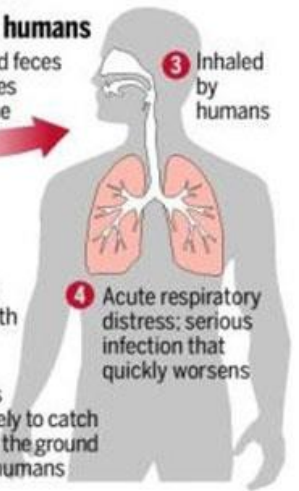
**NDDoH offers the following tips when cleaning a building with signs of rodent infestations:**

- Ventilate the space by opening the doors and windows for 30 minutes before you start cleaning.
- Wear gloves and use disinfectant when cleaning up dead rodents or their urine, droppings and nest.
- Saturate the material with disinfectant. Let it soak per manufacturer's instructions on the label before removal.
- Mop floors and clean countertops, cabinets and drawers with disinfectant.
- Use a commercial disinfectant registered with the Environmental Protection Agency (EPA) and follow the label instructions or use a bleach solution made with one-part bleach and nine parts water.
- Do not stir up dust by sweeping or vacuuming up droppings, urine or nesting materials.
- Do not let children play in crawl spaces or vacant buildings where rodents may be present.

### Hantavirus in brief

#### How the virus spreads to humans

- 1 Virus found in rodent feces
- 2 Infected feces becomes airborne
- 3 Inhaled by humans



#### Symptoms

- | Early          | Later, 1-2 days       |
|----------------|-----------------------|
| • Chills       | • Dry cough           |
| • Fever        | • Headache            |
| • Muscle aches | • Nausea, vomiting    |
|                | • Shortness of breath |

#### Characteristics

- Most prevalent in rural areas
- Campers and hikers more likely to catch the virus, because tents rest on the ground
- Cannot be spread between humans

**Please take the proper precautions, while cleaning any part of your home or garage that may contain mice feces.**

## **Suicide Prevention Information**

***Nearly 45,000 lives lost to suicide in 2016. Suicide rates went up more than 30% in half of the states since 1999.***



Suicide is a leading cause of death in the US. Suicide rates increased in nearly every state from 1999 to 2016. Mental health conditions are often seen as the cause of suicide, but suicide is rarely caused by any single factor.

Understanding the issues concerning suicide and mental health is an important way to take part in suicide prevention.

### **EVERYONE CAN**

- Ask someone you are worried about if they're thinking about suicide.
- Keep the safe. Reduce access to lethal means for those at risk.
- Be there with them. Listen to what they need.
- Help them connect with ongoing support. You can start with the Lifeline (1-800-273-8255).
- Follow up to see how they're doing.
- Find out why this can save a life by visiting: [www.BeThe1To.com](http://www.BeThe1To.com)

# **SUICIDE IS PREVENTABLE!**

# Programs that are here to help:

## Meth & Suicide Prevention

Director: Kara Jetty

Specialist: Almira Iceman

Office number (701) 230-4464

## Native Connections

Director: Alice Thompson

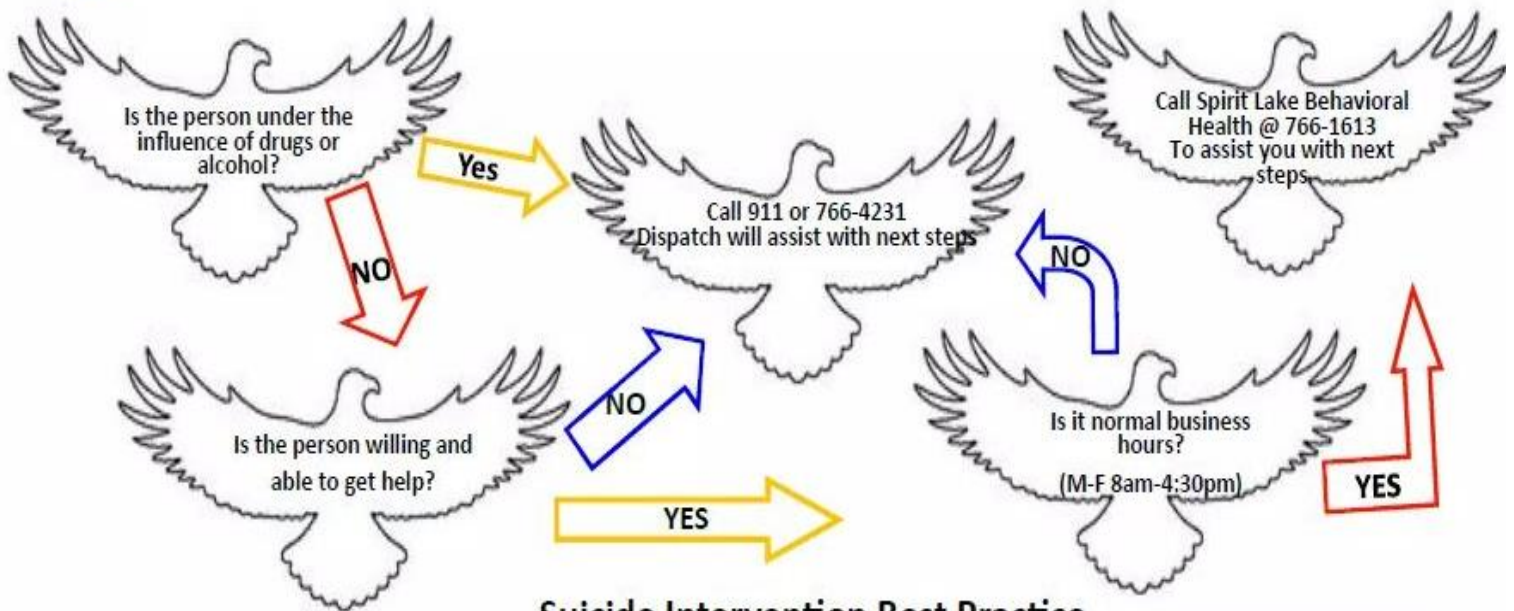
Coordinator: Breann Cook

Office number: (701) 381-0047



### Spirit Lake Tribe Protocol

What to do if you or someone you know is considering hurting themselves.



### Suicide Intervention Best Practice

- \*Become familiar with risk factors for suicide. Such as: depression, a recent loss, emotional distress, isolation, hopelessness, intoxication, previous suicidal behavior, family history of suicide, a plan, and means for the plan.
- \*Ask directly about thoughts of suicide. Asking does not put ideas into a person's head, instead you are letting the person know that it's okay to talk about their pain.
- \*Talking openly about suicide can save a life
- \*Be nonjudgmental and offer emotional support

Call the National Suicide Prevention Lifeline @ 1-800-273-TALK(8255) for emotional support 24hrs/day, 7days /week, you don't need to be suicidal to call.

To support families and friends notify Spirit Lake Behavioral Health @ (701)766-1613 and/or Native Connections @ 701-381-0047 or MSPI (Meth & Suicide Prevention) @ (701) 230-4464 (Mon-Friday, 8am-4:30pm) or after hours (701) 381-2871 or (701) 381-8451 about anyone you are concerned about.

**SAVE THE DATE...**



**Spirit Lake Tribal Health/CHR/Health Education &  
Native Connections**

**will be**

**HOSTING A FATHERS DAY EVENT**

**on**

**June 14th, 2019**

**Tribal Conference Room**

**10:00 a.m.- 2:00 p.m.**

- **GAMES**
- **PRIZES**
- **HAIR CUTS**
- **LIGHT LUNCH**

**This event is for Fathers of the community.**

**No children Please.**





AND NOW FOR THE BEST PART...  
THE RECIPES...Mmmmmmmmm

# Beef & Bean Sloppy Joes



## Ingredients

- 1 tablespoon extra-virgin olive oil
- 12 ounces 90%-lean ground beef
- 1 cup no-salt-added black beans, rinsed
- 1 cup chopped onion
- 2 teaspoons New Mexico Chile powder
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- Pinch of cayenne pepper
- 1 cup no-salt-added tomato sauce
- 3 tablespoons ketchup
- 1 tablespoon reduced-sodium Worcestershire sauce
- 2 teaspoons spicy brown mustard
- 1 teaspoon light brown sugar
- 4 whole-wheat hamburger buns, split and toasted

## INSTRUCTIONS

**(1)** Heat oil in a large nonstick skillet over medium-high heat. Add beef and cook, breaking it up with a wooden spoon, until lightly browned but not completely cooked through, 3 to 4 minutes. Using a slotted spoon, transfer the beef to a medium bowl, reserving drippings in the pan.

**(2)** Add beans and onion to the pan; cook, stirring often, until the onion is softened, about 5 minutes. Add Chile powder, garlic powder, onion powder and cayenne; cook, stirring constantly, until fragrant, about 30 seconds. Stir in tomato sauce, ketchup, Worcestershire, mustard and brown sugar. Return the beef to the pan. Bring to a simmer and cook, stirring often, until the beef is just cooked through and the sauce has thickened slightly, about 5 minutes. Serve on buns.