



November 2022
Volume 1
Issue 11

FENTANYL – PUBLIC SAFETY & SITUATIONAL AWARENESS

There are two types of fentanyl: pharmaceutical fentanyl and illicitly manufactured fentanyl. Both are considered synthetic opioids. Pharmaceutical fentanyl is prescribed by doctors to treat severe pain, especially after surgery and for advanced-stage cancer. However, most recent cases of fentanyl related overdose are linked to illicitly manufactured fentanyl, which is distributed through illegal drug markets for its heroin-like effect. It is often added to other drugs because of its extreme potency, which makes drugs cheaper, more powerful, more addictive, and more dangerous.

Various Forms of "Rainbow Fentanyl" Seized in Oregon

Illicit use of fentanyl continues to rise within the Oregon region, according to the Oregon Health Authority. Colored fentanyl in forms similar to sidewalk chalk and rainbows blocks that look like candies, create an additional safety concern for communities in the region, especially children and the opioid-naïve who may mistake the drug for candy or a toy, or those willing to try the drug due to its playful coloring.

Public Health Awareness

Anyone using illicit drugs should assume it contains fentanyl. There are no indications of a difference in potency due to color of powdered fentanyl. Fentanyl in powdered form may be more potent than in pill form due to inconsistent mixing and manufacturing in counterfeit pills. Overdose from fentanyl use may be higher than other illicit opioids, putting those who are opioid-naïve at a much higher risk of accidental overdose.

Naloxone (Narcan) is widely available in our community, Yellowhawk can distribute Narcan within the community and through our Pharmacy Drive-Thru. You can also obtain it by asking your doctor or local pharmacist for a naloxone prescription. Under Oregon state laws, anyone can ask for a naloxone prescription, even if they plan to use it for someone else. Cost may depend on your insurance coverage. Medicaid recipients receive naloxone prescriptions at no cost.

If you believe someone is overdosing:

- Call 9-1-1
- Breathe for the person
- Give naloxone

Even if you aren't sure what the person took, giving naloxone will not hurt the person. The Good Samaritan Law in Oregon protects you when you call 9-1-1.

SIGNS OF OVERDOSE

Recognizing the signs of opioid overdose can save a life. Here are some things to look for:

- Small, constricted "pinpoint pupils"
- Falling asleep or losing consciousness
- Slow, weak, or no breathing
- Choking or gurgling sounds
- Limp body
- Cold, clammy, and/or discolored skin



Tribal
 Health
 Commission

Althea Huesties-Wolf
 Chair

Denise Wickert
 Vice Chair

Dara Williams-Worden
 Secretary

Members:

Shawna M. Gavin
Robin Turk
Dorothy Cyr

Sandra Sampson
 BOT Representative

Street Names for Fentanyl

Apache | Dance Fever | Friend

Goodfellas | Jackpot | Murder 8 | Tango & Cash

DIABETES AWARENESS IN NOVEMBER

SHELLY MINTHORN, COVID-19 COMMUNITY HEALTH REPRESENTATIVE

Native Americans have a greater chance of having diabetes than any other U.S. racial group. Statistically, Native Americans are twice as likely as whites to have diabetes.

There are two types of diabetes, Type 1 and Type 2. Persons with uncontrolled diabetes are at major risk for atherosclerosis, where blood vessels become narrowed or clogged causing both micro and macrovascular complications, directly affecting the heart and brain. Kidney failure, stroke, heart disease, blindness, blood vessel blockages due to cholesterol plaques (requiring angioplasty/stent placement, amputations, or bypass operations) are all common complications.

- Microvascular complications affects eyes, kidneys and nerves.
- Macrovascular complication affects heart, brain and blood vessels.

Other risk factors can include but are not limited to:

- **Heart and blood vessel disease:** These include coronary artery disease with chest pain (angina), heart attack, stroke, narrowing of the arteries (atherosclerosis) and high blood pressure.
- **Nerve damage (neuropathy):** Too much sugar in the blood can injure the walls of the tiny blood vessels (capillaries) that feed the nerves. This can cause tingling, numbness, burning or pain. Poorly controlled blood sugar could cause you to lose all sense of feeling in the affected limbs over time. Damage to the nerves that affect the digestive system can cause problems with nausea, vomiting, diarrhea or constipation. For men, erectile dysfunction may be an issue.
- **Kidney damage (nephropathy):** The kidneys have millions of tiny blood vessels that keep waste from entering the blood.
- **Eye damage:** Diabetes can damage the blood vessels in the retina (part of the eye that senses light) which could cause blindness.
- **Foot damage:** Nerve damage in the feet or poor blood flow to the feet increases the risk of some foot complications. Left untreated, cuts and blisters can become serious infections. These infections may need to be treated with toe, foot or leg removal (amputation).
- **Skin and mouth conditions:** Diabetes may leave you more prone to infections of the skin and mouth. These include bacterial and fungal infections. Gum disease and dry mouth also are more likely. High glucose levels in saliva promote the growth of bacteria that cause gum disease.
- **Pregnancy complications:** High blood sugar levels can be dangerous for both the parent and the baby. The risk of miscarriage, stillbirth and birth defects increases when diabetes isn't well-controlled. For the parent, diabetes increases the risk of diabetic ketoacidosis, diabetic eye problems (retinopathy), pregnancy-induced high blood pressure and preeclampsia.

Although not everyone with type 2 diabetes is overweight, obesity and an inactive lifestyle are two of the most common causes of type 2 diabetes. What we do (or don't do) in our daily lives can contribute to the development of type 2 diabetes. For example, unhealthy eating patterns, lack of exercise, and smoking are known to add to a person's type 2 diabetes risk.

Yellowhawk Tribal Health Center has several departments that are here to help educate and assist with blood sugar and medication control. Our Medical Department has Primary Care Providers as well as Podiatry for foot care. Public Health has Tobacco Cessation, Nutrition and Dietary Services, Diabetes Education, Physical Therapy, Physical Fitness, and Self-Monitoring Blood Pressure Program. Optometry can manage chronic eye disease and give diabetic eye exams. Dental can assist with good oral hygiene. Pharmacy has chronic disease management and can educate on current medications with diabetes management. Suggested yearly routine tests/vaccinations are flu shot, kidney test, cholesterol test, dilated eye exam, and foot exam.

FREE

Diabetes Awareness & Screening Fair
Wednesday, November 9, 2022 | 9:00 – 10:00 AM
Nixyaawii Governance Center

Open to CTUIR employees and Yellowhawk Eligible Patients



UPDATE YOUR INFO TO STAY ELIGIBLE!

Starting an exciting college life? Congratulations!

On your to do list, please don't forget to add "**ELIGIBILITY COORDINATORS**" at Yellowhawk Tribal Health Center.

If you are already at college please give our team a call but if you haven't left yet, come by and visit with the Eligibility Coordinators so that you can make sure your healthcare coverage continues while you are away from home.

Contact information for our team:

Tyler Rodriguez 541.240.8746

Kyle Spence 541.240.8622

Q & A WITH PRC

Question: If I am eligible for PRC (Purchased Referred Care), why are some of my medical bills being paid and others not?

- **Answer:** Each visit to a non-IHS health care provider and the associated medical bill is distinct and must be examined individually to determine PRC eligibility. All PRC requirements must be met for each episode (treatment) of care. A patient must meet residency, notification, medical priority of care and use of alternate resources requirements of 42 CFR 136.23, 136.24 and 136.61 in order to be eligible for PRC.
- **Example:** If a PRC authorization is issued, Yellowhawk will pay the first medical treatment. Follow-up care (includes: pre-op, post-op, telemedicine) or additional medical care will require approval with a new PRC authorization. If this process is not followed, the patient may be responsible for the expense.

Q & A

PURCHASED REFERRED CARE STAFF

CASSIE HALL 541.240.8737

Laurie Alexander 541.240.8738

Talia McLaughlin 541.240.8739

WE WANT YOUR FEEDBACK!

We are seeking your feedback regarding our newsletter. Please take our QUICK survey online and let us know how we are doing.

Go online to:

www.surveymonkey.com/r/YellowhawkNewsletter

Scan the QR Code to the **right** with your smartphone camera!



Yellowhawk Tribal Health Center
46314 Timine Way | Pendleton, OR 97801
P 541.966.9830 | F 541.240.8753
www.yellowhawk.org

1 NEWSLETTER PER
ADDRESS. GET THE
NEWSLETTER VIA EMAIL -
LET US KNOW BY EMAILING
US AT:
INFO@YELLOWHAWK.ORG

DEA LAB TESTING REVEALS THAT
4 OUT OF EVERY **10** PILLS
WITH FENTANYL CONTAIN A POTENTIALLY
LETHAL DOSE



Fake pills often contain fentanyl
and are more lethal than ever before.

GREAT AMERICAN SMOKEOUT

*"Great American Smokeout encourages us, supports us, and guides us in this journey
of quitting smoking. Believe in yourself and you can quit smoking."*

THURSDAY | NOVEMBER 17, 2022



YELLOWHAWK
TRIBAL HEALTH CENTER

PUBLIC HEALTH DEPARTMENT 8 AM - 3 PM

JOIN US AT YELLOWHAWK AND COMMIT TO QUIT FOR 24 HOURS.