



January 2023
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Issue 1

CERVICAL CANCER AWARENESS

January is National Cervical Cancer Awareness Month.

Annually in the United States, nearly 300,000 women are diagnosed with cervical precancers that require treatment. HPV vaccination can prevent more than 90% of cancers caused by HPV from ever developing.

35,900
PEOPLE

Additionally, each year in the United States, 35,900 people (including women and men) are estimated to be diagnosed with a cancer caused by HPV infection. Although cervical cancer is the most well-known of the cancers caused by HPV, there are other types of cancer caused by HPV. HPV vaccination could prevent more than 90% of cancers caused by HPV from ever developing. This is an estimated 33,000 cases in the United States every year.

What is good for cervical health?

Nuts like hazelnuts, almonds, peanuts, cashews, walnuts, and green leafy vegetables including broccoli and spinach are beneficial for cervical health. Foods that are rich in folate and vitamin A are also good for cervical health.

If you are getting a Pap test, the cells will be checked to see if they look normal. If you are getting an HPV test, the cells will be tested for HPV.

WHEN TO GET SCREENED

If You Are 21 to 29 Years Old

You should start getting Pap tests at age 21. If your Pap test result is normal, your doctor may tell you that you can wait three years until your next Pap test.

If You Are 30 to 65 Years Old

Talk to your doctor about which testing option is right for you—

- *A Pap test only. If your result is normal, your doctor may tell you that you can wait three years until your next Pap test.*
- *An HPV test along with the Pap test. This is called co-testing. If both of your results are normal, your doctor may tell you that you can wait five years until your next screening test.*

If You Are Older Than 65

Your doctor may tell you that you don't need to be screened anymore if—

- *You have had normal screening test results for several years, or*
- *You have had your cervix removed as part of a total hysterectomy for non-cancerous conditions, like fibroids.*

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WINTER WEATHER & YOUR CAR

Our winter weather has begun and will continue into the next several weeks-a few items to check if you have not done so:

- Check tread and tire pressure, and if needed, change out with all weather or snow tires.
- Keep gas tanks close to full, this will help prevent ice from entering gas tanks and fuel lines.
- Change out windshield wiper fluid with a wintertime mixture.
- Keep an emergency kit that includes:
 - Flashlights, portable chargers, and batteries
 - Extra coats, hats, and gloves
 - Water and snack food
 - Tire chains
 - Sand or cat litter to help with traction
 - Reflectors or emergency flares
 - First aid kit



YOUR PURCHASED REFERRED CARE TEAM

Any care provided at Yellowhawk is called a Direct Care Service. The Purchased Referred Care (PRC) Program is for medical/dental/behavioral health/mental health care provided away from Yellowhawk. PRC is not an entitlement program, and a referral does not guarantee the care will be paid for. If Yellowhawk is requested to pay, then a patient must meet the residency requirements, notification requirements, prior authorization requirements, and use of alternate resources.

Please contact our knowledgeable staff with any billing questions or concerns.

PURCHASED REFERRED CARE STAFF

CASSIE HALL 541.240.8737

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RSV & YOUR CHILD

It can be scary if your child gets very sick, especially infants. RSV, a common virus that causes cold-like symptoms, is spreading and hospital beds for kids are full across Oregon. While most cases of RSV will go away on their own, RSV can make young children very sick – especially children under 2. If you notice one or more severe symptoms of RSV or have any questions about your child's care – contact your child's health care provider right away. If you need help finding a healthcare provider, call 211.

Infectious diseases are caused by germs (viruses, bacteria or other pathogenic microbes). Germs that can infect the respiratory system are frequently spread through mucus and saliva when a person coughs, sneezes, talks or laughs. Infectious respiratory illnesses include influenza, COVID-19, RSV and many more.

It is recommended to seek care for your child if they have one or more severe symptoms of RSV



 Trouble breathing or increased work of breathing	 Gray or blue color to tongue, lips or skin
 Less than one wet diaper every 8 hours	 Significantly decreased activity and alertness

OHK 4088 03/06/2022

CRITICAL CARE SUPPLIES

As RSV, COVID-19 and flu cases rise and hospitalizations hit record highs, the surge in demand for flu antivirals has left pharmacies across the country shorthanded. Yellowhawk, like many other clinics and healthcare facilities, is experiencing a shortage of these critical care antiviral medications such as Tamiflu, antibiotics like Amoxicillin, breathing treatment medications like Albuterol, and many over-the-counter supplies such as cough medications and fever reducers like Ibuprofen and Tylenol.

Yellowhawk Pharmacy Director, Angie Dearing was informed from local healthcare facilities and pharmacies, that there is an absence of breathing treatment machines like nebulizers in Pendleton. Yellowhawk is one of the only local options for our patients, however supply is limited. Nearly all states are reporting high levels of influenza activity – and we are no exception in our rural Eastern Oregon community.

Yellowhawk staff are continuously monitoring the situation and ordering supplies as they become available. Respiratory virus testing that includes COVID-19, Influenza A and B, and RSV at Yellowhawk remains vigilant in our laboratory. Those that call in experiencing cold or flu symptoms will be evaluated via phone and tested accordingly. At this time we have plenty of testing supplies but are using best management practices to ensure our supply is used accordingly. Patients under the age of 5, over the age of 55 or who are immunocompromised are being tested for Influenza automatically as it is our most prevalent virus at this time. Other parameters are in place and patient's primary care provider can order further testing if warranted.

Yellowhawk appreciates our patient's understanding and we encourage you to stay home when sick, wear a mask in public spaces, wash your hands or sanitize often and especially before eating and keep your hands out of your face, nose and eyes.

Flu and RSV prevention tips:

- Disinfect common, high-touch surfaces such as doorknobs, cellphones, and TV remotes to reduce the spread of respiratory illnesses. *If not used properly, chemicals found in cleaning, sanitizing and disinfecting products can be hazardous to your health. Children are particularly vulnerable to potential health hazards from chemicals in these products.

The flu, COVID-19 and RSV can cause similar symptoms, including:

- Fever
- Cough
- Sore throat
- Runny/stuffy nose
- Muscle or body aches
- Tiredness
- Headache
- Vomiting or diarrhea (flu, more commonly in children)
- Loss of taste or smell (COVID-19)

NEW YEAR, NEW CAREER!



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Questions? Call 541.240.8713

Paid Employee Benefits

- Life, Medical, Prescription, Dental and Vision Insurance. Accidental Death and Dismemberment
- 401K- Employer matches 116% of deferrals up to 6% of compensation after 1st of the month following one year of service.
- Employee Assistance Program- Uprisehealth helps in many areas of life including 24 hour crisis help, confidential counseling, free Will preparation, identity theft, legal services, child and eldercare services, and much more. This is 100% confidential and paid for by the employer.
- Paid Vacation, Sick, Wellness, Traditional, Administrative, Holiday, Funeral and Tribal Civic Leave benefits

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Slow Cooker HEARTY CHICKEN & VEGETABLE SOUP

INGREDIENTS:

- 2 pounds cooked chicken, shredded
- 64 ounces (8 cups) low sodium chicken broth
- 4 cloves garlic, minced
- 1 large onion, diced
- 2 cups chopped carrots (about 4 large carrots)
- 1 1/2 cups celery, chopped (about 3 stalks)
- 2 cans (15 ounce each) white beans such as great northern or cannellini, drained and rinsed
- 1 Tablespoon Italian herb blend (or 1 tsp. each oregano, basil, thyme)
- 4 cups (packed) fresh baby spinach
- salt and pepper to taste
- Parmesan cheese (optional)

DIRECTIONS:

1. Place all ingredients in 6 quart or larger slow cooker. Stir to combine. (If liquid doesn't cover all the vegetables and meat, add more broth or water.)
2. Place lid on slow cooker and cook on low heat 7-8 hours or high heat 3-4 hours.
3. Top with Parmesan cheese if desired. Serve. Enjoy!

* notes: 1. Chopped kale can be used in place of spinach. 2. This soup freezes well - cool quickly then cover and freeze. Defrost in refrigerator overnight and reheat on stovetop or microwave. 3. Add more vegetables as you desire. 4. This recipe can easily be made on stovetop - you may want to cook onions and garlic in oil prior to adding all ingredients.

Makes approximately 6 servings



YELLOWHAWK
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For nutrition questions or additional recipe ideas, please contact Dusty Dressler, RDN
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541.240.8524



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Tauts Tum Time

