



Dispelling 10 myths about heart disease

As February — American Heart Month — winds down, it is important to take a look at 10 common myths about heart disease:

1. It's a disease of the elderly. FALSE

Though the risks increase with age, the roots of heart disease may be planted as early as childhood. Young adults who grew up on fast food and TV are at greater risk of this disease that was once primarily seen in older adults.

2. It doesn't affect children. FALSE

Heart disease affects people at any age. Congenital heart diseases, infections that damage the heart and the same problems of over-eating and under-exercising that affect adults can also strain the hearts of kids.

3. I'd feel sick if I had high cholesterol or high blood pressure. FALSE

Neither condition produces warning signs, and both can lead to heart attack or stroke. High cholesterol can clog arteries and block blood flow to the heart or brain. Blood pressure is a measurement of the force of blood hitting the walls of the arteries as blood circulates. The level of cholesterol in blood should be 200 or less and a normal blood pressure is 120/80.

4. It doesn't affect those

who are fit and strong. FALSE

Staying fit and active improves heart health but in many cases is not enough. You still have to have your cholesterol checked and do not smoke.

5. Heart attack symptoms are the same in men and women. FALSE

Men and women alike can experience the classic style heart attack — severe chest pain, cold sweat — but women, more often than men may have less recognizable symptoms, such as abdominal pain, achiness in the jaw or back, nausea and shortness of breath. Half of women have no chest pain at all.

6. Heart disease is genetic. If your parents didn't have it neither will you. FALSE

There are risk factors you can control, such as diet, smoking, and exercise and there are some you can't, including your age and family history. If your father had a stroke or heart attack before age 55 or your mother had one before 65, you're at higher risk. We can't change our genes so we better control what we can!

7. Extra weight is just more to love. FALSE

Obesity can lead to high blood pressure and diabe-

tes. Losing weight can bring your blood pressure down, therefore lowering your risk for heart disease and stroke.

8. Women are more likely to die of breast cancer than heart disease. FALSE

The leading cause of death in women is heart disease. For younger women the combination of birth control pills and smoking boosts heart attack risks by 20%.

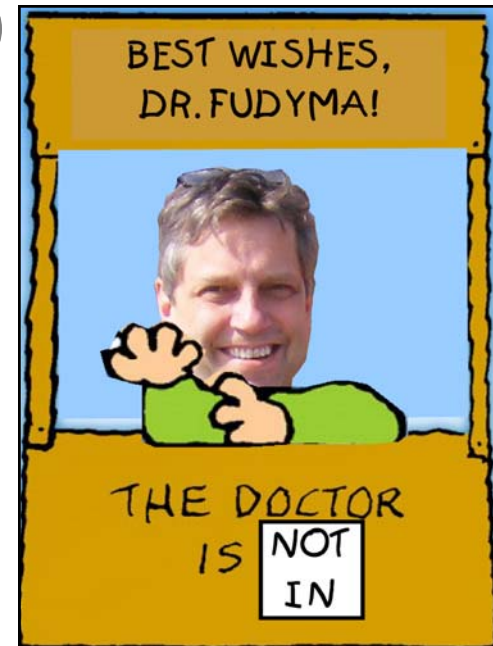
9. Diabetes is not a heart threat, as long as my blood sugar level is under control. FALSE

People with diabetes are healthiest when their blood sugar levels are within a normal range but diabetes can cause inflammation that can damage blood vessels, raising the risk of heart disease and other health problems.

10. If I were at risk for heart disease, my doctor would order tests. FALSE

Don't assume that will happen. You ask your doctor and voice your concern for early detection of plaque buildup so you can start treating it right away.

For more information about heart disease, contact your health educator: (Allegany) Robin Crouse, 945-5894, or (Cattaraugus) Natasha Souter, 532-8223.



As many in the community know, Dr. John Fudyma has accepted a new position and is now the Division Chief for General Internal Medicine with the University at Buffalo.

A physician with the Health Department since 2008, Dr. Fudyma served as Chief Medical Officer and provided clinical guidance and oversight for our many full-time and part-time providers to assure a higher level of quality care.

Dr. Fudyma said it has been a pleasure to have worked with all the staff during that time and the community members he has cared for will be "part of my fondest memories."

The Health Department staff wishes Dr. Fudyma all the best in his new endeavor and thanks him for his work during his time at the Health Department.

FLU VACCINE INFORMATION:

If you have questions about the flu vaccine or you would like to schedule an appointment for the vaccine, call:
LRJHC at 945-5894 ext. 3282
or CIRHC at 532-5582 ext. 0168



- **Transportation Services for appointments are provided Every Day; Monday through Friday.**
- **Hours of operation: 8:30 a.m. to 3 or 3:30 p.m.**
- **Buffalo Transports are on Wednesdays and Fridays ONLY**
- **Buffalo Transports are scheduled through Lisa Thompson, Case Manager, HOPE Unit Transportation @ 532-8245 ext. 5073**

**For other guidelines or further information, please contact:
Lisa Thompson at 532-8245 ext. 5073.**



If you know you are running late for an appointment at the Health Centers, please call ahead to let your provider know:

LRJHC 945-5894 • CIRHC 532-5582



Just a Reminder ... Our health centers are open
M-F from 7:30 a.m. to 6 p.m.

Our providers are on call 24 hours daily.

And, you can reach us when we are closed!

AFTER HOURS: For medical emergencies, call the numbers below and follow	
NAME	PHONE
<i>Cattaraugus Indian Reservation Health Center 716-532-5582</i>	
NAME	PHONE
<i>Lionel R. John Health Center 716-945-5894</i>	

- **For life-threatening emergencies: CALL 911**
- **Failure to call the health centers before going to the ER may result in you being responsible for payment.**



Patient Benefits Specialists

Allegheny: Stacy Thompson, 716-945-5894 ext. 3249

Cattaraugus 716-532-5582—Melanie Hill, ext. 5201 or Leigh Snow, ext. 5461

Medicaid*/Child Health Plus/Family Health Plus items you need to bring when you are applying:

Proof of Identity (one of the following)

(photo ID required for all applicants age 16 and older)

- Tribal ID
- Driver's license
- School photo ID
- Social Security number

Date of Birth (DOB)/Citizenship

(one original from the following)

- Tribal certificate
- Birth certificate
- Passport

Residency (within 6 months — one of the following)

- Utility bill (*gas, electric, phone*)
- Lease or letter from landlord
- Postmarked envelope

Income/Wages (all that apply)

- Last 30 days of pay stubs (*bi-weekly—2 stubs, weekly—4 stubs*)
- Self-employed

(last year's full *Income Tax Return Schedule C, 1040, all other forms*)

- SSD/SSI/Survivor benefits award letters
- Unemployment/workers' comp
- Child Support

(*court agreement, child support collection unit stubs/statement, letter from person providing support*)

Unemployment

- If employed during last six months to one year, but currently unemployed, **you must apply for unemployment** (1-888-209-8124)
Web site: www.labor.state.ny.us
- NYS Unemployment

Other Documentation (all that apply)

- Proof of pregnancy
- Termination from previous insurance
- Child care cost statement or receipt
- Custody paper (if applicable)
- Copy of last three months' medical bills
- Copy of medical insurance cards

If you have further questions or concerns, please contact Patient Benefits at:
CIRHC, 716-532-5582 ext. 5461 or ext. 5201 or LJRHC, 716-945-5894 ext. 3253.



Give your heart a workout! *Live a healthy-heart lifestyle year-round*

Strength, wisdom and good health are Native American birthrights.

Our elders taught us many healthy ways that were practiced for many generations.

Over time, some healthy traditions have been traded for unhealthy ways that increase the chances of getting some diseases.

Heart disease is the leading cause of death for American Indians and Alaska Natives today.

We can do something to prevent heart disease.

Being active is one way to keep a healthy heart.

Being active has always been a part of our daily life.

We hunt animals, play games, dance, run, swim and ride bikes. Let us keep these healthy ways.

At work, or at home, give your heart a workout!

Brisk walking can give your heart a workout.

It is good for both the young and old.

Take a brisk walk for at least 20 minutes three times a week, alone or with your family.

Start slowly and build up your time as you go by walking longer and farther.

Walking is an easy way to stay active.

Staying active is one of the best things we can do for our hearts.

Being active is good because:

- It helps take off extra weight
- It helps lower high blood pressure and high blood sugar
- It is relaxing
- It gives the body more energy
- It builds heart and lung strength.

Whether you'd like to begin walking for exercise or if you're already established in the habit, these tips can help you get the most from your walking workout:

- Before starting a walking (or any exercise) program, **always check with your doctor**
- Invest in good shoes for fit and comfort
- Always warm up by walking slowly at the beginning, then pick up your tempo

- Pay attention to your heart rate and breathing (you should be able to carry on a conversation while walking)
- Use good walking posture (swing your arms, keep head up, back straight and abdomen flat)
- Consider getting a pedometer
- Be sure to carry water (if you're waling in hot weather or long distances)
- In summer, apply sunscreen or wear a hat with a brim
- Vary your route if you get bored
- Keep your "walkout" interesting — walk with a friend or in groups
- Pay attention to sights and sounds around you if walking on the side of the road

Sources: Indian Health Services and www.medicinenet.com



THE SENECA NATION OF INDIANS HEALTH DEPARTMENT

PHARMACY NOTICE

Name _____ Age _____

Address _____ Date _____

 LABEL DRUG BY NAME

Until Further Notice,

**The Cattaraugus Indian Reservation
Health Center Pharmacy Hours are:**

8 AM to 5 PM Monday through Friday.

(Thank you for your cooperation!)

Important information for our Contract Health eligible patients

FOR CONTRACT HEALTH SERVICES QUESTIONS REGARDING MEDICAL BILLS CONTACT:

BONNIE KETTLE at 945-5894 ext. 5295

If you are a patient who may have delinquent Contract Health Services accounts with outside providers or facilities, claims, letters and collection notices must be submitted to Bonnie Kettle.

They can be mailed to the health center:

LRJHC
PO Box 500
Salamanca, NY 14779
Attn: Bonnie Kettle

They may also be dropped off at the LRJHC or CIRHC.

Please be sure the bills you are submitting are for services for which you received a referral from one of our clinical providers.

Please note on the bill if the patient has other means of financial resources or insurance coverage such as BlueCross/BlueShield, Independent Health or Medicaid.

As you know, Contract Health coverage by the Health Department is not an insurance and it is payor of last resort.

SENECA NATION HEALTH DEPARTMENT PATIENTS WHO HAVE HEALTH INSURANCE COVERAGE:

Please inform the off-site providers.

If you receive a bill in the mail it would be helpful to call the toll free number to make sure they billed your primary insurance first.

Your primary insurance must be billed before SNHD.

REMINDER the 72 hour EMERGENCY NOTIFICATION POLICY has to be followed before SNHD pays the bills.

For more information, please contact:
Bonnie Kettle at 716-945-5894 ext. 5295.
Nya:wëh

www.senecahealth.org



SNHD Coming Events February 28 — March 11

ALLEGANY Events*

Monday 2/28 & 3/7

- Walk and Roll 12:15 p.m. LRJHC Grand Room

Tuesday 3/1 & 3/8

- CATCH** Kids 4-5 p.m. Patti Kenjockety @ Recreation

Wednesday 3/2 & 3/9

- Walk and Roll 12:15 p.m. LRJHC Grand Room
- T'ai Chi 12:30-1 p.m. AND 5-5:30 p.m. LRJHC Grand Room

Thursday 3/3 & 3/10

- Senior Stretch 11 a.m. 44 Seneca St.
- Walk and Roll 12:15 p.m. LRJHC Grand Room

Friday 3/4 & 3/11

- No activities/events scheduled

CATTARAUGUS Events*

Monday 2/28 & 3/7

- Stretch and Strengthen 10-11 a.m. AOA
- Zumba® 5-6 p.m. CHWC Rm. 155

Tuesday 3/1 & 3/8

- Links-R-Cise (until 3/29) 4:30 p.m. CHWC Rm. 155

Wednesday 3/2 & 3/9

- No Activities/Events Scheduled at press time

Thursday 3/3 & 3/10

- Living in Balance 10 a.m. -12 noon CHWC Rm. 126

Friday 3/4 & 3/11

- Seneca Language Classes 10 a.m. CHWC Rm. 126
- Social Dance Class 6:30 p.m. CHWC Rm. 155

**Dates, times and locations may be subject to change without notice.
For more information, please visit our Web site: www.senecahealth.org or call your
respective health center. (LRJHC 945-5894 • CIRHC 532-5582 • CHWC 532-8223)*

**CATCH = Coordinated Approach To Child Health



**Women, Infants
& Children (WIC)
services
are available
by appointment
as follows:**

- Allegany (LRJ)
1st & 2nd Tuesday
each month
- Cattaraugus (CHWC)
Mon. & Wed.

532-8223 ext. 5270

**Angry
About Your Golf Game?
So What?**

LET'S DANCE!!!

- Improve flexibility
 - Improve strength a
 - Focus on your golf
- 5 WEEK GOLF EXERCISE CLASS**



4:30 PM

**Cattaraugus CHWC
Room 155**

**Free prizes to those
who attend all 5
classes!**

**Links-R-Cise
with
Tim Miller**

**Tuesdays
March 1 to 29**



**Space is Limited.
Sign up by calling Tim Miller
at 532-8223 ext. 5237 or**

**tim.miller@senecahealth.org
for more information.**

**Open to golfers ages 12+
(youth must be accompanied
by an adult.)**



This is the International Breastfeeding Symbol. Look for it in upcoming newsletters for helpful tips and facts regarding breastfeeding.

How does the breast make milk?

When the baby nurses, it causes more milk to be made. That's why it's important for you to nurse more often during the first few weeks.

The more milk your baby removes, the more the breast makes.

It takes about 4-6 weeks to build up a good milk supply. Giving your baby bottles of formula will cause you to make less milk.

When the baby is sucking correctly, it causes the nerves under the nipple to tell the brain to release a hormone called *Prolactin*. This hormone then signals the milk glands to make milk.

Another hormone, *Oxytocin*, causes the milk glands to release the milk into the ducts and out the nipple pores. This process is also

called "let down". Sometimes it takes several minutes for "let down" to happen.

When you notice your baby swallowing more often, or taking large gulps, you can be sure you have had a let down of milk.

Sometimes letdowns are so powerful that the milk will come out too fast and the baby might choke or gag.

If this happens, take the baby off for a moment and catch the extra milk in a towel before you put the baby back on.

If you have questions or would like more information, contact our Certified Lactation Consultant (CLC):

Robin Crouse, CLC
at 945-5894 (Allegany)