

PHYSICIANS OF DOUGLAS COUNTY



quality community healthcare

MEMBER NEWS

Mission:
Serving the needs of
physicians and their
patients in Douglas County.

NUTRITION AND HEALTHY BODY WEIGHT FOR KIDS

INSIDE THIS ISSUE:

Domestic Violence 2

Reminder—Infant sun-burn protection 2

Exception Needs Care 2

Oregon Tobacco Quit Line 2

Asthma Triggers 3

Dental Do's 3

Your child's body weight is affected by many factors, including activity and food choices. Parents can help their children get the nutrition they need for a healthy body weight and to feel good about themselves. Start at home by helping your child make good food choices.

- Most of the food intake is provided by the parent and served in the home; therefore, shopping for a variety of nutrient-rich foods is important.
- Serve kid-sized portions. Teach them to ask for more if they are still hungry.
- When eating out, share large portions of food.

- Help them to recognize hunger clues and to eat when hungry and stop when full.
- Children's stomachs are small. They need to eat every 2-3 hours to refuel. Make sure food is available such as slices of cheese, a few crackers, carrots, apple slices or a glass of milk.
- Pop, chips and candy should be "sometimes" foods. The calorie count is high in these foods and the nutrition is low.

Plan activity for play every day. Limit TV and computer time to less than 2 hours per day.

SMOKELESS TOBACCO

Smokeless tobacco is harmful. There is as much nicotine in a can of tobacco as there is in 60 cigarettes. Smokeless tobacco is an addictive drug and often be harder to give up than cigarettes. Withdrawal can result in headaches, moodiness, trouble sleeping and concentrating. The addiction often goes as far as needing a pinch in the mouth throughout the day and while sleeping. The

nicotine in the snuff contains cancer causing agents that increase the rate of getting oral cancer by 50% as compared to the non-user.

The tobacco can cause irritated gums and painful sores in the mouth. Receding gums and tobacco stains are also a problem. When the gums recede, the tooth roots become exposed and are more likely to decay or become

sensitive to extreme temperature changes. Exposure to tobacco, combined with sugar added to tobacco for flavor, wears down the tooth surfaces. This process may result in tooth decay.

BE SMART— DON'T START.

DOMESTIC VIOLENCE

Abusive behavior takes many forms – emotional, physical, sexual and economic. If you are feeling abused, you deserve help and support. There is help for you through the local **Battered Person's Advocacy**. Call 1.800.464.6543 for free counseling.

The Oregon Tobacco Quit

Line is available to all Oregonians. If you feel like you are ready to quit and need help, call the toll free number 1.800.877.270.7867. **Quit Line** hours are 5 am to 9 pm every day. Smoking cessation products are a benefit for members on OHP.

DCIPA Board of Directors:

Laurence Sharp, DO, Chair
Bart Bruns, MD, Vice Chair
Jerry Warren, MD, Sec'y/Treas
Robert Dannenhoffer, MD
Eric Soder, MD
Arlan Zastrow, MD
Timothy Powell, MD
Douglas Bitter, MD
Christopher Spence, MD

Executive Staff:

Ron Preston, CEO
Joel Daven, MD, Medical Director
Brent Eichman, CFO

Publisher: Sharon Preston, RN,
QI Coordinator

Editor: Sandy Pearson
Phone: 541-464-4491 or
spears@dcipa.com

EXCEPTIONAL NEEDS CARE COORDINATOR (ENCC)

Cyndi **Yarbrough, RN** is replacing Lori Stern, RN starting June 1, 2007. She is available to assist Monday through Friday, 8 am to 5 pm. **ENCC** services are available to help members work through the managed health care system who are 65 years or older, blind,

disabled or children with special health care needs. If you are not sure whether you qualify, call DCIPA's Health Care Services at 1.800.676.7735, 1.541.672.1685, TTY 1.541.440.6304, or TTY 1.800.877.6304.

High Blood Pressure – High blood pressure can be dangerous. If it is not controlled, it causes the heart to work too hard. The force of the blood flow against the arteries may damage them. You can have high blood pressures and not experience any symptoms. If blood pressure is not controlled, it can cause heart and kidney disease and stroke. If you have high blood pressure and are prescribed medication, take it as directed. It also helps to follow a healthy eating plan including foods lower in salt and sodium. If you drink alcoholic beverages, use them moderately. Be physically active and maintain a healthy weight.

ASTHMA TRIGGERS

If you are your child has asthma, you should know about asthma triggers. Each person may have a different set of triggers or particles that start an asthma attack. The existing triggers can change over time. By removing the triggers from the environment as much as possible, some asthma attacks can be avoided.

Common triggers include:

- Tobacco smoke
- Pollen
- Dust
- Mold
- Pollution in the air such as exhaust from cars
- Animals with fur or feathers
- Strong odors from perfume and cleaning products.



Reminder – When you are seen in the emergency department for an asthma attack, it is recommended that you have a follow-up visit with the provider that normally treats you for asthma within 30 days of the ED visit. Call the doctor as soon as possible to schedule an appointment. Mention to the office staff that you were just seen in the ED. DCIPA will also be sending you a letter to remind you to schedule the appointment. You will feel better if your asthma is adequately controlled. This also applies to your infant or child. Remind your doctor to give you an asthma control plan. Often times severe attacks can be avoided if you have a plan and know exactly what to do.

DENTAL DO'S BIRTH TO 5 YEARS

Mom, DO have your dental work completed to prevent passing of decay causing bacteria to your baby.

DO hold baby while feeding.

DO feed baby before putting to bed.

DO NOT put a bottle or cup in bed with the baby unless it contains only water.

DO wean your child from the bottle at 12-14 months.

DO breastfeed. However, after teeth have grown in, letting your baby breastfeed “at will” during the night—leaving milk in the mouth while sleeping—may increase your baby’s risk of getting cavities.

DO begin brushing the teeth daily with water, as soon as they come into the mouth. Use water with the toothbrush until age 2.

DO use only a small pea size dab of toothpaste for 2+ year olds.

DO lift the lip monthly to check for white or brown spots on the front teeth.

DO ask your doctor or dentist about fluoride drops at 6 months if living in a non-fluoridated community.

DO begin to give liquids in a cup at 6 months.

DO encourage your toddler to drink water between meals.

THE PHYSICIANS OF DOUGLAS COUNTY



PRE-SORTED FIRST CLASS
US POSTAGE
PAID
ROSEBURG OR
PERMIT NO 604

Mission:
**Serving the needs of physicians and
their patients in Douglas County.**

Phone: 541-673-1462
Fax: 541-672-4318
1813 W. Harvard, Suite 206
Roseburg, OR 97470

We're on the web:

<http://www.dcipa.com/>

Mailing Address Line 1
Mailing Address Line 2
Mailing Address Line 3
Mailing Address Line 4
Mailing Address Line 5