

MEMBER NEWS

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

HEAT EXHAUSTION

INSIDE:	
Insect stings	2
Periodontal disease	2
Sunglasses	2
COPD	3
Resources	3
ENCC	3

Exposure to high temperatures over several days can lead to heat exhaustion. Sweating leads to loss of body fluids when you don't drink enough or drink the wrong fluids. The elderly and those that work in the heat are most prone to these symptoms.

Symptoms include heavy sweating, paleness, muscle cramps, fatigue and weakness, dizziness or fainting, headaches, and nausea or vomiting.

Treatment requires immediate cooling of the body. This would include cool, non-alcohol beverages (drinks such as "Vitamin Water" and "Gatorade" will replace lost electrolytes), a cooling bath or sponge bath, an air-conditioned environment, rest, and wearing light-weight clothing.

If heat exhaustion isn't treated, it can progress to heat stroke. Heat stroke is a medical emergency. You need to call 9-1-1 or take the person to the nearest urgent care or emergency room.

PROTECT YOUR CHILD FROM THE SUN

Over-exposure to UV (ultraviolet) radiation from the sun during childhood is responsible for most skin cancer. Childhood sun burns are linked to the development of melanoma. Melanoma is the most deadly form of the common skin cancers.

It is important that children be taught how to protect themselves from the sun. Sunscreen and lip balm are helpful, but often they aren't applied frequently enough or aren't strong enough to prevent burning. Covering up the exposed skin is also important. This includes wearing hats, long sleeves and sunglasses.

If your child does burn, cool cloths or baths can be helpful. Lotions with aloe are often soothing. Sunburn can also cause a mild fever and headache. Have your child rest in a cool, dark room. The headache can be caused by dehydration, so give your child cold water to replace the fluid lost in the hot sun.

INSECT STINGS

Allergic reactions to insect stings are caused by the venom injected by the insect. The body reacts to the venom as if it was a foreign substance. Bees, wasps, hornets, yellow jackets and fire ants cause most allergic reactions. These insects should be avoided when possible.

The reaction to the sting can be mild to severe. Redness and swelling usually occurs in a mild reaction. A moderate reaction may include itching, fatigue, nausea or a low-grade fever. A severe reaction is one that spreads throughout the entire body. It includes hives, swelling of the tongue or other parts of the body. A life threatening reaction would cause severe symptoms such as confusion, difficulty breathing, shock and sometimes death. This type of reaction requires immediate medical attention.

Mild reactions can often be treated with cold packs and medication for pain, swelling and itching. Individuals that have had a severe reaction will need to carry an allergy kit prescribed by their doctor. It includes antihistamine tablets and epinephrine.

WHAT IS PERIODONTAL DISEASE?

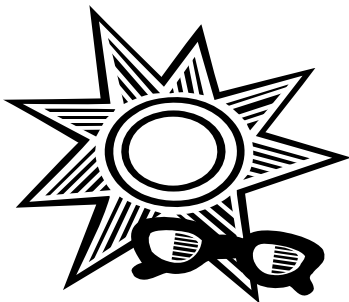
Periodontal means around the tooth or gum. Chronic bacterial infections can damage the gum and bone that supports the tooth. This results in tooth loss if left untreated.

The main cause of gum disease is bacteria and toxins that form plaque. Plaque is the sticky colorless film that constantly forms on the teeth. The build up of the film leads to gingivitis or swelling of the gum tissue. The gum tissue turns red, swells and bleeds easily. This causes little to no discomfort. You can help prevent the build up of plaque by thoroughly brushing your teeth 3 times a day. A professional dental hygienist may need to assist you by removing the plaque when it builds up.

Plaque build up is the primary cause of periodontal disease. It may also be caused by smoking and tobacco use, stress, medications, diabetes and other health concerns. Poor nutrition may also contribute, along with grinding your teeth and hormonal fluctuations.

It is important for you to have routine dental checkups to help prevent the disease. Talk to your dentist about periodontal disease and what you need to do to prevent it.

SUNGLASSES



The sun's ultraviolet radiation can cause damage to your eyes. It is important to wear sunglasses when you are doing activities outside or driving a car. The colored lens protects the eye from glare and other conditions such as cataracts.

CHRONIC OBSTRUCTIVE LUNG DISEASE (COPD)

Chronic obstructive lung disease or COPD is when the air sacs in the lung are damaged. They are unable to remove enough of the air when you exhale. You feel short of breath when you hurry to catch a bus or run after a child.

COPD is not a curable disease. It is most commonly caused by cigarette smoking. Other causes could be exposure to air pollutants or gasoline fumes. Quitting smoking will help to keep the COPD from getting worse, but it won't undo the damage already done to your lungs. COPD also increases the risk of infection and cancer of the lungs. COPD is the fourth leading cause of death. Number one is heart attack, followed by cancer, then stroke.

There is help for those that would like to quit smoking. The Oregon Health Plan covers smoking cessation medications such as nicotine patches. Talk to your doctor if you are ready to commit to stop smoking.

The Oregon Quit Line is available to all Oregonians who would like to stop smoking. Call the toll free number at 1.800.784.8669. A counselor will assist you with the process at no charge.

COMMUNITY RESOURCES	DCIPA'S ENCC SERVICES
<p>DCIPA Member Services 1.541.672.1685 1.800.676.7735 TTY: 1.541.440.6304/1.888.877.6304</p> <p>Mental Health Services Jefferson Behavioral Health (JBH) 1.541.440.3532 1.800.866.9780 TTY: 541.440-3548</p> <p>Alcohol and Drug Treatment ADAPT 1.541.672.2691</p> <p>Senior and Disabled Services 1.541.440.3427</p> <p>Douglas County Health Department 1.541.440.3503</p> <p>Battered Persons Advocacy 1.541.673.7867 1.800.464.6543</p>	<p>The Exceptional Needs Care Coordinator is available to DCIPA's OHP members with special needs. The ENCC can assist with coordinating care between the primary care provider and other care providers, such as home health providers and hospitals. The program is also setup to assist with finding available resources in the community.</p> <p>You could be eligible if you are elderly, disabled, blind or hearing impaired or medically challenged.</p> <p>If you need help with the coordination of your care or are having difficulty receiving medical care, medical supplies, or medications please call Member Services at 1.541. 677.1685 or 1.800.676.7735 or TTY 541.440.6304 or 1.888.877.6304 and ask to speak with the ENCC.</p>



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