

APRIL NEWS

MILLE LACS BAND OF OJIBWE
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Congratulations to Kitty Johnson, Mille Lacs Band elder, for being smoke free for one year!!! The health benefits of quitting smoking can help you live a longer, healthier life.

Kitty's quit date was April 24th, 2015. She worked with the Mille Lacs Band smoking cessation program through the year. Her family and friends have played a huge role in supporting Kitty live a smoke free life. Kitty enjoys fishing as a hobby and a way to relax.

For completing the program she received a fishing pole and Walmart gift card. Good luck Kitty in staying smoke free!



April is National Child Abuse Prevention Month

April is National Child Abuse Prevention Month, a time to recognize that we all can play an important role in making meaningful connections with children and families on our communities. Since 1983, the Children's Bureau has been a stalwart in its efforts to promote National Child Abuse Prevention Month. National, state, and local organizations look to the Children's Bureau to lead the way in the promotion of child abuse prevention.

To assist the Children's Bureau Office of Child Abuse and Neglect (OCAN) in its efforts to promote National Child Abuse Prevention Month, Child Welfare Information Gateway, a service of the Children's Bureau, offers a series of prevention-related resources for professionals, advocates, service providers, and families. The **2015 Prevention Resource Guide: Making Meaningful Connections** is developed annually in collaboration with the Children's Bureau, OCAN, FRIENDS National Center for Community-Based Child Abuse Prevention, Child Welfare Information Gateway, and a host of National Child Abuse Prevention Partners.

This Resource guide offers many strategies to support service providers and communities in their efforts to prevent child abuse and promote well-being. The primary focus of the Resource Guide centers on protective factors that strengthen families and promote optimal child and youth development. Agencies, policymakers, advocates, service providers, and parents will find resources to help promote these important elements within their communities and families.

This year, Information Gateway added the Protective Factors in Practice learning tool, two interactive scenarios that illustrate how multiple protective factors can support and strengthen families experiencing stress.

Visit the **National Child Abuse Prevention Month** website to learn more! Source: www.acf.hhs.gov/blog



Stress plays a huge role on our overall health and wellbeing. It is important to check in with ourselves time to time to know what our stressors are and how we handle them. Knowing ourselves gives us the power to change and to adapt to situations in life.

Common symptoms of Stress

How Stress effects the body:

Fast Heart Beat
Tired
Headache (migraines)
Stiff neck and/or shoulders
Upset Stomach, Nausea or Diarrhea

Over time Stress can effect:

Immune system, more likely to get sick
Heart, Blood pressure, abnormal heartbeat, heart attack
Stomach, irritable bowel, ulcers, reflux
Insomnia
Emotions, panic attack, anxiety

Some tips to cope with stress:

Deep Breaths	Go for a walk
Take a Bath or Shower	Beading
Craft	Talk to a friend
Drum	Dance
Exercise	Read
Smudge	Meditate
Sleep, Rest, or Nap	Attend a Sweat
Learn Ojibwe Language	Outdoor Activities
Enjoy a healthy meal with family	Listen to Music

By: Amy Maske
Source: WebMD.com

“5” Health Benefits of Green Tea

Tea is one of the most valued and widely consumed drinks in the world. Besides being a delicious, inexpensive beverage that has no calories, tea has a unique set of natural chemicals that provide various therapeutic benefits.

- 1) Oral Health – natural fluoride is found in tea, polyphenols and catechins are associated with killing bacteria in the mouth.**
- 2) Bone Health – routine consumption, especially more than 10 years has been associated with decreased risk of osteoporotic fractures.**
- 3) Weight Loss – it’s thought that the catechins found in green tea create thermogenesis (body heat) which burns calories.**
- 4) Cancer – the catechins prevent cell mutation, deactivate certain carcinogens, and reduce formation and growth of tumors. (@ 4 cups per day)**
- 5) Heart Health – people who drink at least one cup per day have a 44 % lower risk of heart attack.**

Source: www.fitday.com/fitness-



APRIL IS ALCOHOL AWARENESS MONTH

2015 FACTS

1. Every day, almost 30 people in the United States die in motor vehicle crashes that involve an alcohol impaired driver. This amounts to one death every 51 minutes. ([CDC](#))
 2. Long-term alcohol use can cause serious health complications affecting every organ in your body, including your brain. Additionally, it can damage your emotional stability, finances, career, impact your family, friends and the people you work with. ([NCAAD](#))
 3. Women who binge drink are more likely to have unprotected sex and multiple sex partners. These activities increase the risks of unintended pregnancy and sexually transmitted diseases. ([CDC](#))
 4. 100,000 persons die each year from alcohol-related causes: drinking and driving crashes, other accidents, falls, fires, alcohol-related homicides and suicides. ([NCAAD](#))
 5. Excessive alcohol consumption increases aggression and, as a result, can increase the risk of physically assaulting another person. ([CDC](#))
 6. Because of the astounding 80,000 deaths that are related to alcohol abuse every year, alcohol abuse is the third highest cause of death in the U.S. ([CDC](#))
 7. 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking. ([NIAAA](#))
 8. Approximately 7,000 children in the U.S. under the age of 16 take their first drink every day, which is a major problem because those who begin drinking before age 15 are four times more likely to develop alcoholism than those who begin at age 21. ([Rehabs.com](#))
 9. Alcoholism includes the following four symptoms: craving, loss of control, physical dependence, and tolerance. ([NCADD](#))
 10. Teen alcohol use kills 4,700 people each year -- that's more than all illegal drugs combined. ([MADD](#))
- Alcohol abuse is any use of alcohol that negatively impacts personal responsibilities, whether at work, school or home, as defined by Psychology Today. Alcohol use is also considered abuse when it leads to people placing themselves in dangerous situations, such as driving or operating machinery under the influence. Legal problems due to alcohol are also characteristic of abuse, as is the continuation of drinking, despite its negative impact upon relationships.

Submitted by: Kris Reiter, LPN

More PET Scans May Not Help Lung, and Esophageal Cancer Survivors

By Linda Moses, Circle of Life Plus Coordinator

Getting expensive imaging tests to see if cancer of the lung or esophageal has reoccurred is not linked to better survival, according to a new study.

The likelihood that people with those cancers would be alive two years after their diagnosis was the same whether they went to a hospital that frequently used so-called PET scans or one that used imaging test less often.

During position emission tomography (PET) scans, radioactive liquid is injected into a vein to show how organs are functioning. Sometimes PET scans are partnered with computed tomography (CT) scans. PET scans are a great resource and can have benefits for people, but some experts believe PET scans should not be used to check for cancer recurrence before other imaging tests have been done.

Using PET scans without good reason can lead to anxiety, wrong diagnoses, false alarms unnecessary procedures and higher costs, according to the Choosing Wisely campaign from the ABIM Foundation. Choosing Wisely aims to help doctors and patients choose treatments that are supported by evidence.



Contest-winning Chicken Wild Rice casserole recipe

Ingredients

- 1 small onion, chopped
- 1/3 cup butter
- 1/3 cup all-purpose flour
- 1-1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1 can (14-1/2 ounces) chicken broth
- 1 cup half-and-half cream
- 4 cups cubed cooked chicken
- 4 cups cooked wild rice
- 2 jars (4-1/2 ounces each) sliced mushrooms, drained
- 1 jar (4 ounces) diced pimientos, drained
- 1 tablespoon minced fresh parsley
- 1/3 cup slivered almonds



Directions

TOTAL TIME: Prep: 20 min. Bake: 30-35 minutes

1. In a large saucepan, sauté onion in butter until tender. Stir in the flour, salt and pepper until blended. Gradually stir in broth; bring to a boil. Boil and stir for 2 minutes or until thickened and bubbly. Stir in the cream, chicken, rice, mushrooms, pimientos and parsley; heat through.
2. Transfer to a greased 2-1/2-qt. baking dish. Sprinkle with almonds. Bake, uncovered, at 350° for 30-35 minutes or until bubbly. Yield: 6-8 servings.

Source: www.tasteofhome.com