

Elder Newsletter

FOND DU LAC RESERVATION PUBLIC HEALTH DEPT

REMINDER

- The Pharmacy at Min No Aya Win is closed from 8 am to noon on the last Wednesday of the month. It is open from noon-4pm.
- The Min No Aya Win Human Services will be closed on November, 11th for Veteran's Day, November, 26th for Thanksgiving Day and November 27th for Day After Holiday

- *Alzheimer's Disease— There is no test to definitively diagnose Alzheimer's disease. Alzheimer's is a progressive disease that starts out minor and leads up to a serious, debilitating disease. As the disease grows, a person will start to forget their personal information, the date or even where they are. They will become lost or confused often. Some signs of Alzheimer's are:*
 - *Confusion in performing simple tasks or arithmetic and a denial of symptoms.*
 - *Mood swings for no discernable reason and prolonged depression or anger due to unforeseen change.*
 - *Confusion about what month, season or year it is.*
 - *Visible difficulty in moving and inability to stay balanced.*
 - *Parlay International (v.1) 2830.127*

Nicotine Addiction

If you or anyone close to you smokes cigarettes, your probably well aware that smoking is an addiction, one that takes some effort to break. Through inhalation, the chemical components of cigarettes are injected into your lungs, your blood stream and then your brain. Learning some of the facts about tobacco may encourage you to break the habit in order to lead a healthier life.

Nicotine Is Habit-Forming

Nicotine, one of the main chemical components of tobacco, is a habit-forming drug that draws the smoker into both a physical and psychological partnership with cigarettes. Once you learn the mechanics of smoking-and it definitely is an acquired technique taking conscious effort on the part of the novice smoker-you may begin to rely on cigarettes on what you believe to be simulation, relaxation or stress relief. Your body becomes chemically addicted to nicotine and the more you smoke, the more difficult it is to quit.

More Chemicals

The average cigarette generally contains about 8.4 milligrams of

nicotine and 15 milligrams of tar. Tobacco smoke also contains as many as 4,000 other naturally occurring gases, particles and compounds, including carbon monoxide, carbon dioxide, hydrogen cyanide and traces of arsenic. 43 of these 4,000 compounds are known to cause cancer.

Other Sources of Nicotine

Cigarettes are considered the most harmful form of tobacco use because cigarette smokers usually inhale deeply. But pipes and cigars hold risks of nicotine addiction as well. Chewing tobacco and snuff can also cause cancer, gum disease and erosion of the teeth.

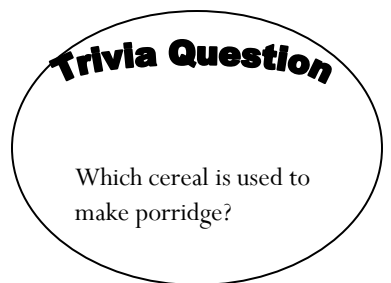
Physical Effects

When inhaled, nicotine stimulates your central nervous system. The chemicals in a cigarette move to your brain through your blood stream, causing a rise in blood pressure and heart rate, constricting your blood vessels, and reducing your sensitivity to pain and stress. Chronic smokers often have impaired senses of taste and smell, less physical stamina and poor execution of motor task. Smoking is among the major

causes of heart disease and lung cancer and is the primary cause of chronic bronchitis and emphysema. A smokers skin ages and wrinkles prematurely and female smokers have a higher incidence of unsuccessful pregnancies, stillbirths and low weight babies.

Companion Habits

As you become more physically addicted to tobacco, you'll often develop other habits that reinforce the role of cigarettes in your daily routine. You may not even realize this is happening. These become similar to conditioned reflexes and show that the physical and the psychological go hand in hand in promoting and furthering addiction. For more information contact Roberta Welper(health Ed) at 878-3707



Seasonal and H1N1

Recently we have seen an increase in the number of community members who are sick with the H1N1 influenza. The current influenza cases are surely caused by the H1N1 virus because the yearly "seasonal" flu has not yet started. This means that through the fall, winter and into spring, we will probably be seeing quite a few more people who have an "influenza-like illness" or ILI.

The flu is spread through the air in droplet form when infected people cough or sneeze. One of the best ways of preventing the spread of disease is by limiting the times and places when sick people can mingle with non-sick people.

Prevention is Best. You can help prevent the flu for yourself and your family by:

Getting the seasonal and H1N1 flu shot (at this time, the H1N1 vaccine is

- not yet available in MN)
- Wash your hands regularly with soap and water or use an alcohol-based hand sanitizer and sanitize your surroundings
- Cough into your elbow or tissues. Avoid touching your eyes, nose and mouth.
- Avoid contact with people who have the flu
- For more information please call the Public Health Dept. at 878-2128.