



# LAS VEGAS PAIUTE TRIBE

## HEALTH & HUMAN SERVICES



### November 2024 Newsletter

NOVEMBER IS NATIONAL DIABETES MONTH AND NATIVE AMERICAN HERITAGE MONTH!!



### CLINICAL APPOINTMENT HOURS

DR. LEE (PRIMARY CARE)- MONDAY-FRIDAY 8:30AM-3:30 PM

GEMMA(NURSE PRACTITIONER)MONDAY-FRIDAY 8:30AM-3:30 PM

LISA LEDL (NURSE PRACTITIONER). TUE-THURS 9AM-4 PM

DR. ROWLES(PEDIATRICS):MON-WED 1-3:30 PM

DR. WAITE(PODIATRY):MON 8:30-4:00 ,WED 8:30-11:00, THURS 8:30-4:00; FRIDAY APPOINTMENTS ONCE PER MONTH

### BEHAVIOR HEALTH

STEVEN BONN, LMFT MON-THURS. 9AM-3PM

DR. CRUEY, PSYCHIATRIST:MON/TUES & THUR/FRI 8AM-5PM

### ADDITIONAL SERVICES

OPTICAL: M,W,TH,FRI 8AM-5 PM (CLOSED TUES)

DENTAL: MON-FRI. 8AM-5PM

PHARMACY: MON-FRI 9 AM-4:30PM

SDPI(DIABETES PROGRAM): MON-FRI 8AM-5PM

BENEFITS COORDINATOR (TOM): MON-FRI 8:30-4:00 PM

NUTRITION:( MANDIE) MON-FRI: 8AM-1PM

# SDPI

## Take Charge of Tomorrow

NIH National Institute of Diabetes and Digestive and Kidney Diseases

### Preventing Diabetes Health Problems

**Diabetes** is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you prevent or manage diabetes.



**Manage your A1C blood glucose, blood pressure, and cholesterol levels.**

Ask your doctor what your goals should be, and stay informed about your A1C level.



**Take care of your mental health.**

A mental health counselor may help you find healthy ways to cope with stress.



**Make lifestyle changes to slowly build healthy habits.**

Take small steps to eat healthier, be more physically active, and get enough sleep.



**Take your medicines on time, even if you feel healthy.**






Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



**Work closely with your primary care provider.**

They can help you prevent or manage diabetes and refer you to other health care professionals for related health problems.

Visit [niddk.nih.gov](https://niddk.nih.gov) for more information on preventing diabetes health problems.

[healthinfo@niddk.nih.gov](mailto:healthinfo@niddk.nih.gov)      [@niddkgov](https://www.instagram.com/niddkgov)





# DENTAL



**HEADING INTO THE HOLIDAYS, WHO DOESN'T WANT A BRIGHTER SMILE?**

**TEETH WHITENING IS ONE OF THE MOST SOUGHT AFTER ESTHETIC PROCEDURES IN DENTISTRY. TEETH WHITENING CAN BE ACCOMPLISHED IN A FEW WAYS.**

- 1. THE BEST WAY OF COURSE IS TO VISIT YOUR DENTIST FOR IN OFFICE BLEACHING OR SOME TAKE HOME BLEACHING TRAYS. THE BLEACHING MATERIAL USED BY YOUR DENTIST IS STRONGER THAN OTC AND WILL GET FASTER, BETTER RESULTS.**
- 2. IF YOU CHOOSE TO GO THE OTC ROUTE IT WILL TAKE LONGER BUT YOU CAN SEE SOME RESULTS. WHITENING TOOTHPASTE USES A MORE AGGRESSIVE ABRASIVE AGENT TO HELP REMOVE STAIN. PRODUCTS LIKE CREST WHITE STRIPS USE A BLEACHING MATERIAL SIMILAR TO THE ONES DENTISTS USE BUT AREN'T AS STRONG.**

## **SOME THINGS TO REMEMBER WHEN WHITENING:**

- TEMPORARY SENSITIVITY AND GINGIVAL IRRITATION ARE THE MOST COMMON ADVERSE SIDE EFFECTS WHEN WHITENING YOUR TEETH.**
- ONLY NATURAL TEETH CAN BE WHITENED, FILLINGS AND CROWNS WON'T.**
- AVOID FOODS WITH A DARK PIGMENT IF YOU WANT TO MAINTAIN YOUR TEETH WHITER LONGER. EXAMPLES WOULD INCLUDE COFFEE, TEA, KETCHUP, MUSTARD, RED WINES, ETC...**
- FOR THE BEST RESULTS, SEE YOUR DENTIST.**

# PHARMACY



## Thankfulness: How **Gratitude** Can Help Your Health

This month many in the U.S. celebrate thanksgiving. It's a month to consciously and collectively give thanks. **Gratitude** is more than a buzzword. It's a habit and practice that may actually change your perception of well-being.

Are you feeling overwhelmed?

Or do you sometimes feel like you just can't catch a break? You know — the truck that cut you off, the weird feedback you got from your boss, the grocery item you need but is never on the store shelf? Do you sometimes feel negative and cynical?

Sure, we all do this a little, but doing it a lot can lead to depression, which is linked to poor heart health, more inflammation and even a weaker immune system. Yikes!


To balance out this natural tendency, we can practice **gratitude**.

**Gratitude** is good medicine

"Clinical trials indicate that the practice of **gratitude** can have dramatic and lasting effects in a person's life. It can lower blood pressure and improve immune function. Grateful people engage in more exercise, have better dietary behaviors, are less likely to smoke and abuse alcohol and have higher rates of medication adherence."

Dang, being grateful is the gift that seriously keeps on giving, right? Who couldn't use all these benefits right now?





## Here's a simple way to get started:

Write these down before you go to bed or share them around the dinner table. In five minutes, you can practice gratitude from the heart.



### 1. Health: What did your body do for you today?

Did you know you take about 8 million breaths a year? Your feet can take you up a mountain; your arms can hold someone you love. Take a minute to marvel at the finely tuned machinery of your body, and thank yourself for the steps you take every day to keep it safe and healthy.



### 2. Eat: What did you feed your body to nourish yourself today?

Was it an old favorite, something you made or something new and different? Take a minute to savor an especially yummy meal.




### 3. Activity: What did you do that you really enjoyed today?

Did you give it your all when exercising today, or find a quiet moment while sitting in traffic to reflect? Take a minute to think back on one particularly awesome moment.



### 4. Relationship: Whom do you look forward to connecting with?

Is it someone who sets your heart on fire, always has a smile for you, has your back or makes you laugh until you cry? Take a minute to smile as you think about this special person. Then make plans for a meet up.



### 5. Time: What are you doing right now?

Every single day you wake up with 24 brand new hours. The past is history, the future is a mystery and today is a gift. That's why they call it the present! Take a minute to be thankful for the gift of time, including any extra time you have right now for your family or yourself.

Us, here in the pharmacy department are grateful for the trust and confidence that patients place in us. We appreciate the opportunity to contribute to your health care journey.

*\*American Heart Association News*







**LVPTHHS  
WILL BE**

**CLOSED**

**IN REMEMBRANCE & HONOR OF  
VETERANS DAY**



**NOV. 11, 2024**







We will be closed

Nov. 28, 2024

&

Nov. 29, 2024



in observance of  
**Thanksgiving**

*We hope you have a  
fun and safe holiday!*



**HELP FIGHT THE FLU!**


**YOU VS. FLU**

**GET YOUR  
FLU SHOT AT  
NO COST!**

**STARTING  
OCTOBER 1, 2024**

**LVPTHHS**

**1257 PAIUTE CIRCLE  
LAS VEGAS, NV. 89106**

 **702-382-0784**

