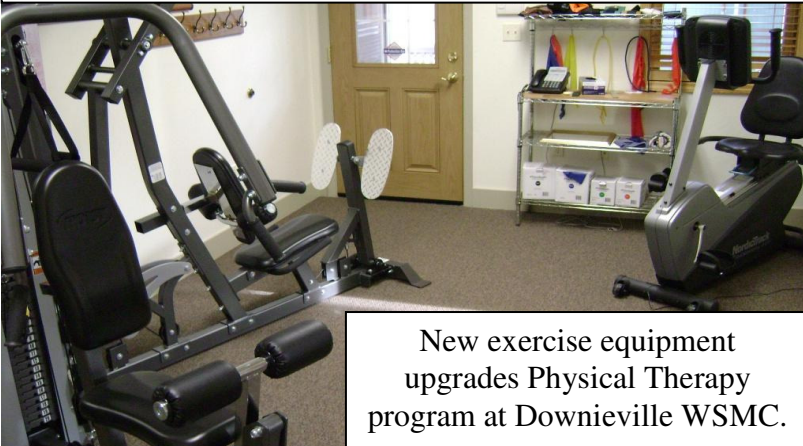


WESTERN SIERRA MEDICAL CLINIC

MARCH 2010



New exercise equipment upgrades Physical Therapy program at Downieville WSMC.



WSMC WEBSITE
www.wsmcmed.org

EMERGENCY 911

MEDICAL/DENTAL
WSMC
DOWNIEVILLE
Appointment
(530) 289-3298

MEDICAL/DENTAL
MINERS FAMILY
HEALTH CENTER
GRASS VALLEY

Appointment
(530) 273-9340

**SERVING THE COMMUNITY'S MEDICAL AND DENTAL NEEDS WITH
COMPASSION AND EXCELLENCE BOTH DAY AND NIGHT**

WARMING UP FOR CANCER AWARENESS WALK

The Third Annual Cancer Awareness Walk, sponsored by the Western Sierra Medical Clinic and Downieville School California Scholarship Federation, will take place Saturday, May 8 at Downieville School. This is the third annual walk which was started by Stacey Hallman as a senior project. Registration begins at 9 a.m. at the school cafeteria and the Walk will start at 10 a.m. with options from a half mile to three miles. Registration is \$10.00 and includes lunch, a raffle ticket, cancer awareness information and a prayer flag to honor someone who has had cancer.

The clinic will bring the mobile van to provide free skin cancer screenings for anyone who would like to be checked. California Scholarship Foundation (CSF) students will give presentations on Leukemia, Lymphoma, Multiple Myeloma, Testicular Cancer and Oral Cancer. Funds raised from this event will help pay for mammograms and cancer care for residents of Western Sierra County. T-shirts are \$10 and need to be ordered by April 12. Registration and order forms are available at the clinic and Downieville Grocery.

Please check out our Facebook event page, "Cancer Awareness Walk" for updates and to RSVP. For information contact Downieville School 289-3473 or Debbie Wilson, yubadeb@gmail.com.

FREE SKIN CANCER CHECK

Frank J. Lang, FNP of the Western Sierra Medical Clinic will be providing free skin cancer exams on Saturday, May 8, during the Cancer Awareness Walk. Stationed on the Mobile Clinic in front of the Downieville School from 10:00 until 2:00, Frank will take a careful look at any skin areas that you are concerned about or give a general skin exam for those who may not know what to look for. If you do have a suspicious skin change, WSMC may treat you here at the clinic or provide a referral to a dermatologist or other specialist that can help in your early detection and treatment.

Skin cancer is the most common of all cancer types. More than one million skin cancers are diagnosed each year in the United States. That is more than cancers of the prostate, breast, lung, colon, uterus, ovaries and pancreas combined. The number of skin cancer cases has been going up over the past few decades.

The good news is that you can do a lot to protect yourself and your family from skin cancer, or to catch it early enough so that it can be treated effectively. Most skin cancers are caused by too much exposure to ultraviolet (UV) rays from the sun or tanning lamps.

Finding possible skin cancers doesn't require any x-rays or blood tests – just your eyes and a mirror. If skin cancer does develop, finding it early is the best way to ensure that it can be treated effectively.

MOBILE CLINIC CALENDAR FOR MARCH AND APRIL

Camptonville (Rebel Ridge) MEDICAL:

MONDAY TUESDAY & THURSDAY 10:00-3:00

Camptonville (Rebel Ridge) DENTAL:

Call 289-3298 to make appointments

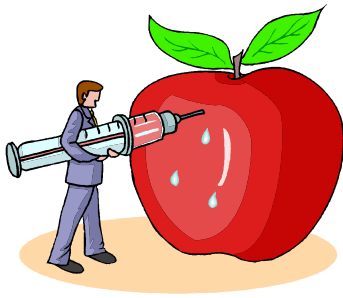
Serving Alleghany and Pliocene Ridge at

Pliocene Ridge School

WEDNESDAY 10:00 – 2:00

SAFE FOOD?

by Danielle Yantis, MS, RD



Food infected with bacteria has been a trade-off for modernization of our food supply. Long gone are the days, unfortunately, when our food went from the farm to our table.

Our food supply goes through much more processing and handling than ever before and when there are many middlemen standing between you and your hamburger, there is a large margin of human error.

It takes four hours for bacteria to grow to infectious levels when it is held in the range of 40-140 degrees Fahrenheit. Interestingly, this time does not have to be consecutive. The bacteria can pick up where they left off, so to speak. So if a butcher leaves hamburger at room temperature for an hour while processing, and the food company that packages it leaves it for another hour while processing, and the trucking company allows an hour of exposure while loading, and the grocery store where you bought the hamburger does not hold the hamburger at below 40 degrees for an hour, the cumulative total of four hours can allow the bacteria to reach harmful levels. Now, the good news is that you can easily kill most types of bacteria and render it safe again!

There are certain practices that can safeguard your food from harmful bacterial infections. With a little diligence and know-how you may never have to experience the horrors of foodborne illness. Things that cause bacteria are: temperature; nutrients in the form of protein; water; neutral PH;

and sometimes oxygen. Protein is the preferred food for bacteria and thus meat, poultry and eggs must be handled with care. Bacteria do not thrive and grow when the water activity is low; as a consequence, drying and curing food to remove any water has been an ancient form of food preservation. Most bacteria do not like an acidic environment, so lowering the PH of a potentially hazardous food by adding vinegar, tomatoes, or citrus can be helpful in slowing bacterial growth.

To keep food at 40-50 degrees, stick a dial meat thermometer in your refrigerator periodically to check the ambient temperature. Your freezer should maintain a temperature of 0 degrees or less. Meats require the following guidelines: poultry to be cooked to 165°; pork ground beef, lamb, and veal to 160°; and beef to 145°. Cross contamination is a major contributor to bacteria spread. This can be done by raw meat, poultry or eggs touching your hands, cooking utensils or cutting boards and then transferring to raw or uncooked foods. Use a separate cutting board fruits and vegetables to help prevent cross contamination.

Wash hands with soap and warm water vigorously for 20 seconds. Make sure nails and between fingers are scrubbed as well. Anti-bacterial gels only work on clean hands to remove surface bacteria because hand-gels cannot penetrate layers of dirt and oil to attack the bacteria underneath. You can also sanitize cooking surfaces with a solution of 1 tsp. of chlorine bleach in 1 quart of water. Spray bottles work well for this purpose.

Leftovers provide a special challenge when dealing with bacteria. Refrigerate or freeze leftovers within two hours of serving the food (or within one hour if the room temperature is over 90°).



Bacteria is used to make chocolate and coffee but does not show up in the final product.

DONATIONS

Western Sierra Medical Clinic continues to provide and improve health care through generous contributions. If you would like to assist in the continuation of health services in Nevada, Sierra and Yuba counties, please send your contributions to:

WSMC, P.O. Box 286, Downieville, CA 95936

We are a non-profit, tax exempt 501(c)3 corporation. Donations to the Clinic are generally tax deductible: consult your tax advisor.