

# WESTERN SIERRA MEDICAL CLINIC

## NOVEMBER 2009

EMERGENCY 911  
24 / 7

### MEDICAL HOURS

Appointment  
(530) 289-3298

Reg Office Hours  
8:30 to 5:00

M-T-\*W-Th-F  
\*Wednesday to 6 PM

### DENTAL HOURS

Appointment  
(530) 289-3199

8:30-12:00 and  
1:00-5:00

M-T-W-Th



Supported by the  
AMA Foundation

WSMC WEBSITE  
[www.wsmcmed.org](http://www.wsmcmed.org)

### WSMC HONORS LOCAL VETERANS

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

### MOBILE CLINIC CALENDAR FOR NOVEMBER AND DECEMBER

#### Camptonville (Rebel Ridge) MEDICAL:

MONDAY TUESDAY & THURSDAY 10:00-3:00

#### Camptonville (Rebel Ridge) DENTAL:

WEDNESDAY DEC 16 10:00-3:00

Call 289-3298 to make appointments

#### Serving Alleghany and Pliocene Ridge at

#### Pliocene Ridge School

WEDNESDAY 10:00 – 2:00

### VETERAN'S DAY WELL REPRESENTED



Frank Lang, founder of Western Sierra Medical Clinic and provider of medical services, was attired in military dress as he mustered the 40 strong parade of veterans from the Bell Tower to the Wooden Trout restaurant. The event was organized by Mary Johnsen – US Army wife, Carol Marshall - US Army, John Funk - US Navy, Nancy Carnahan - US Air Force, Bernis Stringer - Marines, and Frank Lang from the US Public Health Service.

Stories of courage and remembrances were shared during the meeting. Some veterans stood and reflected on past events, brave fathers, and loss of best friends. The unity and camaraderie of this year's participation should indicate an even grander Veteran's Day for next year.

### SEASONAL FLU VACCINES HERE

The seasonal flu vaccines are now available at the Downieville Clinic and the Mobile Clinic at Rebel Ridge and Pliocene School. This flu vaccine has up to a 90 per cent success rate in a healthy population, according to the Centers for Disease Control and Prevention. Patients who get the vaccine as late as December can still help bolster the immune system and protect from an onset of the flu.

Call the clinic 289-3298 to make an appointment for your flu vaccination.

### H1N1 FLU VACCINES HERE

WSMC has the first installment of the H1N1 vaccine. The Center for Disease Control reports that there are five target groups that are identified by priority.

1. Pregnant women
2. Household and caregiver of children 6 months or under
3. Health care and emergency medical services personnel
4. Persons from 6 months through 24 years of age
5. Persons 25 through 64 with respiratory complications

## SMOKING CESSATION

If you have asthma, chronic bronchitis or emphysema, you most likely already know that smoking is not good for your health. Let's face it, smoking is bad for you.

Over time, breathing tobacco smoke irritates the airways and destroys the stretchy fibers in the lungs. Additionally, secondhand smoke can cause harm to the ones you love most. The American Cancer Society estimates that there will be 50,000 deaths this year from heart disease in non-smokers who live with smokers. Non-smokers who breathe in secondhand smoke, take in nicotine and other toxic chemicals just like smokers do.

Damage to the lungs can't be reversed, so treatment focuses on controlling symptoms and minimizing further damage. The most essential step in any treatment plan for smokers with lung disease is to stop all smoking. It's the only way to keep from getting worse. It is never too late to quit. No matter how long you have smoked or how serious your disease is, quitting smoking can help stop the damage to your lungs.

Stay tune next month for WSMC therapist Michael Askins, PHD for his new and refreshing outlook on "The Easy Way to Stop Smoking".

## FOOD BASKETS FILL HOLIDAYS



The Western Sierra Medical Clinic would like thank all of the people who have donated food and money into this holiday's food basket campaign. There is about a 25% increase of families in need of assistance this year.

In this traditional harvest season, we can "harvest" friendship, kindness and an appreciation of this generous community. There will be about 120 food baskets for Thanksgiving and likely the same number for Christmas. You may recommend a family for a basket by calling WSMC.

All donations to the Food Bank go directly to providing and delivering nutritious foods for those in need. Please send your contributions to:  
**WSMC, P.O. Box 286, Downieville, CA 95936**



**A full bladder is roughly the size of a soft ball.  
Stomach acid can dissolve razor blades.**

## CHILD OBESITY- HITS HOME

Can you remember a simpler time when going to a baseball game was about the hot dog and seventh-inning stretch? Today, you can add some extra-cheese nachos, ice cream and your favorite candy bar to a typical day at the ballpark. While there are more food choices than ever before, not all additions have been for the better when it comes to the health of you and your children.

The U.S has record-high obesity rates, especially among young children and adolescents. As a parent, you can make all the difference by creating a healthier lifestyle for you and your child, and can even help prevent obesity-related diseases like type 2 diabetes.

### **Batter up! Be a Role Model**

It's true, kids watch you in action. Incorporate even one of the following tips and watch your team members develop healthier eating habits, just like their favorite hero—you!

••**On the go or at school?** Pack their snacks. Pack snacks like fresh fruit, string cheese or unsalted nuts to avoid a tempting sweet or fatty snack ([www.mypyramid.gov](http://www.mypyramid.gov) will show you how). Eating smaller, more frequent meals will also help keep you and your kids from overeating at the next meal.

••**When eating out, ask for steamed, grilled or broiled meats.** You might be surprised how good grilled chicken tastes before it gets smothered with cheese sauce. Ask for dressing and sauces on the side or skip them altogether. Find more great ideas at [www.triwest.com/eathealthy](http://www.triwest.com/eathealthy).

••**Are we really what we eat?** Parents, teens and kids can learn about how the body works. Find recipes or track their body mass index at [www.kidshealth.org](http://www.kidshealth.org).

### **DONATIONS**

The Medical and Dental Clinics continue to provide and improve health care through the generous contributions of visitors and residents. If you would like to assist in the continuation of medical services in Western Sierra County, 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.