

# WESTERN SIERRA MEDICAL CLINIC SEPTEMBER 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



Supported by the  
AMA Foundation

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

## DENTAL HOURS

Appointment  
(530) 289-3199

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

M-T-W-Th

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READY FOR FINISHING TOUCHES

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

## MOBILE CLINIC CALENDAR FOR SEPTEMBER AND OCTOBER

**Camptonville (Rebel Ridge) MEDICAL:**

MONDAY TUESDAY & THURSDAY 10:00-3:00

**Camptonville (Rebel Ridge) DENTAL:**

FRIDAY OCTOBER 16, 10:-3:00

Call 289-3298 to make appointments

**Serving Alleghany and Pliocene Ridge at**

**Pliocene Ridge School**

WEDNESDAY 10:00 – 2:00

## H1N1 VIRUS (SWINE FLU)

Swine Flu is not the past tense of Pigs Fly. This new influenza virus causing illness in people gets its name from the fact that genes found in this virus are consistent with swine genes from Asia and Europe. It also contains genes from avian and human sources that lend rationale for scientists to dupe this virus as “quadruple reassortant” (a variety with four sources).

The vaccine is expected to be distributed to medical facilities mid-October or earlier. It is uncertain at this time, how many doses will be available and if there will be a priority distribution for high risk patients. In the meantime, there are some steps you should take to reduce the possibility of infection.

- 1) Wash your hands frequently
- 2) Cover nose and mouth when you cough or sneeze. Throw tissue in trash immediately.
- 3) Wash your hands frequently.
- 4) Avoid touching your eyes, nose or mouth.
- 5) Wash your hands frequently.
- 6) If you have symptoms, stay home until you have been 24 hours without fever.
- 7) Wash your hands frequently.

## FACEBOOK FANS

Rachel Guffin, front desk receptionist and internet enthusiast has developed an excellent Facebook account for the Downieville Clinic. You can now get as close to real time program changes, remodel photos, Mobile Clinic schedules and other interesting facts about WSMC by googling “facebook western sierra medical clinic” and navigating through the site.

Leave a review with suggestions for other information that you would like to see added. This will not only improve the value of this medium, it will also let us know how many people are interested in this exciting new medium of communication.

## DENTAL PROGRAM HITS THE ROAD



Dental mascot, “Flossy”, flashes a healthy smile as she looks at the new portable dental station that will be used at Rebel Ridge Friday Oct. 16.

The Dental team of Dr. Hataoka (AKA Dr. “H”) and Brenda Black will be on their maiden voyage Friday, October 16. The Mobile Dental Clinic will arrive 10:00 at Rebel Ridge on Marysville Road to treat patients who have made appointments. Please call 289-3199 and request the services that you need.

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### **(MOBILE DENTAL continued)**

The selections of dental treatment include initial exams, cleanings, fillings, and denture assessments. Tooth extractions are generally done by our visiting dentist, Dr. Zamora, and will not be done in the Mobile Clinic.

The state-of-the-art dental station is accompanied by a space age x-ray gun called the "Nomad". The Nomad was originally designed as a portable field x-ray tool used by the military. It has been improved and re-designed to use in dental offices throughout the world.

### **SEASONAL FLU VACCINE**

The Western Sierra Medical Clinic and the Mobile Clinic will be administering the influenza vaccine throughout October and November. The vaccine will be given to all patients except children under six months old. For questions about vaccine dosage for children older than six months, you may call the clinic for information. All patients nine years old and above will receive the single vaccine.

### **EATING FISH TWICE A WEEK - CAN BRING YOU THE HEALTH YOU SEEK**

By Danielle Yantis, MS, RD

Omega-3 fatty acids have received a lot of attention in the health world over the last decade. Omega-3 fatty acids are essential in our diets because we do not make them in our bodies. There are three types of Omega-3 fatty acids. They are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) which are found in fatty fish and algae. The third is alpha-linolenic acid (ALA) and is found in seeds and oils such as flax, canola, and soybean.

Our bodies process EPA and DHA (fish and algae) very efficiently. ALA, however, must be converted to EPA and DHA and thus may not be one hundred percent utilized by the body. Nuts and beans such as walnuts and soybeans are excellent sources of ALA. Green leafy vegetables contain small quantities also. You may have to consume twice the amount of nuts, seeds and oils to equal the same amount of fish oil.

Eating fish twice per week has shown a modest effect on lowering blood pressure. When rheumatoid arthritis sufferers consumed 3000 mg of omega-3 fatty acids, a marked reduction in morning stiffness and tender swollen joints was exhibited. Consumption of 2000-4000mg per day of omega-3 fatty acids helps lower serum triglycerides levels. Elevated serum triglycerides, like cholesterol, are associated with atherosclerosis and hardening of the arteries.

So how do these super fatty acids do their magic? Scientists believe one benefit is related to the

fact that these fatty acids become incorporated into chemicals called phospholipids that are part of the fatty membranes surrounding our cells. Imagine our cells as a circle with a skin or membrane that separates the inside of the cell from the outside environment like a grape. This membrane or skin is actually a layer of fat and protein (among other things) through which many molecules have to move in and out. Omega-3 fatty acids help keep this membrane fluid so that movement in and out happens more readily.

This becomes particularly important in heart cells and preventing atrial fibrillation. Omega-3 fatty acids also reduce inflammation, which is now recognized as a major contributor to many diseases. There is some promise in the area of depression and early Alzheimer's disease, however studies are not conclusive. EPA found in fish oil is involved in vasodilation and constriction of blood vessels as well as platelet function. Platelets are substances that help form blood clots and stick to tears in arteries which build over time and can cause narrowing and hardening of the arteries (atherosclerosis). EPA helps reduce excessive blood clotting and the consequent build up of plaque in the arteries.

The bottom line as far as how much a person should take is as follows: for people with no history of heart disease, eating fish twice per week and eating 1-2 tablespoons of flax seed, walnuts, canola or soybean oil per day is recommended. Individuals with a history of coronary heart disease, elevated triglycerides, or rheumatoid arthritis should consult with their healthcare provider to discuss the benefits of omega-3 fatty acids and its effectiveness. As with all supplements, you should tell your healthcare provider if you are already taking omega-3 fatty acid supplements.

### **PRESCRIPTION SAVINGS**

WSMC and Loyaltan Pharmacy are working together to provide discounted prescriptions to uninsured patients thanks to the Federal 340B program. Patients without insurance will pay a discounted rate for their prescriptions. Patients with insurance will pay no additional costs and a portion will go to support WSMC services. WSMC will cover the shipping costs from the Loyaltan Pharmacy for all patients.

If you have any questions call the Clinic at 289-3298 or go to [www.wsmcmed.org](http://www.wsmcmed.org).



**On average women are 5 inches shorter than men.**