



When you feel better,  
We feel better

Hours  
of Operation  
**Medical/Dental Clinics**  
Monday — Friday  
8:30AM — 5:30PM

#### Phones:

**Medical:**  
707-984-6131  
**Fax:**  
707-984-6990  
**Dental:**  
707-984-8222  
**Fax:**  
707-984-8032

**After Hours  
Number:**  
1-888-214-3763  
**Website**  
www.longvalley.com

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# Our News Is on the Web!

## Long Valley Health Center

VOLUME 6, ISSUE 2

MARCH-APRIL NEWSLETTER

### COLON CANCER CAN BE PREVENTED

Dr. Bertolli, Medical Director, here at Long Valley Health Center, tells his story of a challenge he received from a patient that saved his life. When suggesting to his patient that she should get a colonoscopy, she had asked, "Have you had one?" When he admitted he hadn't, she said, "If you get one, so will I."

As a doctor, he knew that everyone over age 50 should get either a

colonoscopy screening or a yearly FIT or Cologuard Test. These last two tests identify DNA changes in the cells of a stool sample and specifically look for DNA alterations associated with colon polyps and colon cancer.

Fortunately for him, the test found a very large, precancerous polyp in his sigmoid colon. The entire polyp was removed during the procedure. For all intents and

purposes, the deal his patient made with him saved his life. Now he goes for regular check-ups.

March is Colon Cancer Awareness Month. All of us at Long Valley Health Center encourage our patients to schedule an appointment with your medical provider to discuss which one of these screening tools is right for you, especially, if you have never done one of these tests. It saved his life, and it could save yours.

**April 28<sup>th</sup> is National Drug Take Back Day. Bring unused prescriptions to our office for safe disposal.**  
**Keep your family and your pets safe.**

#### DENTAL NEWS

We continue to be fully staffed five days a week in our Dental Department.

Two temporary dentists are here to serve you as well as our staff of Dental Hygienists and Dental Assistants. Dr. Brian Wight is here from Alaska. Dr. Lorraine Prisbrey used to be the Dental Director at Redwoods Rural Dental Office.

Please make them welcome. Call 707 984 8222 for an appointment.

#### Teen Classes

Michelle Downes, RN/Health Educator with Dr. Paltin and Larann Henderson, LCSW, are teaming up to train the Laytonville High School Peer Counselors to teach Sex Education to other high school and middle school students.

Before the actual classes begin between Peer Counselors and students, there will be an open Parent Forum where parents can learn about what is going to be taught. The dates for the

Forum and classes will be announced through the schools, posters, and our web site.

#### Teen Health

According to state and federal law, minors have the right to be seen at a confidential appointment for sexual and reproductive health care. Any teen 12 or older may come to our clinic for help. Our staff is not allowed to disclose a teen's presence or appointment without their express permission.

## MARCH 18-24 IS NATIONAL POISON PREVENTION MONTH

The American Association of Poison Control says a poison is "anything someone eats, breathes, gets in the eyes, or on the skin, that can cause sickness or death if it gets into or on the body." By this definition, some dangerous poisons would include poisonous plants, including some wild mushrooms, foxglove, holly berries, and pokeweed, and household poisons, such as mouthwash, nail glue remover, drain cleaners, oven cleaners, lamp oil, antifreeze, furniture polish, cough and cold medicines, iron, blood pressure medicines, carbon monoxide, and lead paint.

Don't wait for your child to have symptoms. If you believe they have contacted a poison in any of the above manner, call 1-800-222-1222. Poison control centers are staffed with experts who know how to handle these problems as well as snake bites, spider bites, and insect stings that may be poisonous, button battery ingestions, and even food poisoning.

### First Step with a Poisoning

The American Association for Poison Control Centers also recommends the following first aid steps, after

you have called 1-800-222-1222:

### **Swallowed Poisons**

\*Don't give your child anything to eat or drink and don't give your child syrup of ipecac.

### **Inhaled Poisons**

\*Get your child to fresh air.

### **Poisons on the Skin**

\*Remove your child's contaminated clothing.

\*Rinse your child's skin with water for 15 to 20 minutes.

### **Poisons in the Eye**

\*Flush your child's eye with lukewarm water for 15 to 20 minutes using running water or a large cup held 2 to 4 inches from his eye.

\*Do not force his eye open.

Always call poison control - even if you are pretty certain that something is not poisonous. That said, some of the most serious poisonings involve cleaning supplies, lighter fluid, windshield washer fluid, anti-freeze, vitamins, and medications. Have the suspected poison bottle or container in front of you when you call and know your child's age and approximate weight.

**Please call us, if you are unable  
to use your scheduled appointment with any of our  
Medical, Dental, Chiropractic, Acupuncture,  
and Behavioral Health providers.  
We then can offer your appointment time  
to someone else.**

## DIABETES ALERT DAY

On March 27, 2018, the American Diabetes Association is asking everyone to take the Type 2 Diabetes Risk Test. This is being done to sound the alarm about the prevalence of type 2 diabetes.

The free, anonymous risk test only takes a minute to complete. By answering questions such as "Do you have a family history of diabetes?" and "Are you physically active?" you can learn if you're at risk for type 2 diabetes in 60 seconds.

<http://www.diabetes.org/are-you-at-risk/alert-day/>

At this link you will be able to take the risk test, learn how to lower your risk, and share it with your family.

## LONG VALLEY HEALTH CENTER'S 40TH ANNIVERSARY

**Our Board of Directors is preparing for a celebration of our 40th Anniversary. If anyone has photos or stories from the early years, please leave it at the front desk.**

**An Open House is scheduled in April and an anniversary bash is planned for later in the year. Please keep your eyes open for any announcements regarding our celebrations.**

## Even Your Pet Can Be Poisoned

A list of common household products that are poisonous to our pets:

**Human Medicines**

**Pesticides**

**Plants and Garden Products**

**Household Cleaners**

If your pet has ingested something that may be potentially toxic contact the ASPCA Animal Poison Control Center immediately! The hotline number is 888-426-4435 and the Pet Poison Helpline number is 800-213-6680.

When calling be prepared with the following information:

- What did they eat?
- How long ago did they eat it?
- How much did they eat?