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THE Mukluk Telegraph



THE QUARTERLY NEWSPAPER OF THE ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

JULY - SEPTEMBER 2018

Celebrating ANTHC's 20th Year



Tradition of helping communities: Rural Energy Initiative makes access to water sustainable for rural residents

2010-PRESENT

On average, energy needs comprise 30 to 60 percent of a community's water system operating costs. When the Rural Energy Initiative launched in 2010, ANTHC's Tribal leadership imagined a future in which water system projects could continue to improve and provide continued benefit through our Environmental Health and Engineering work that has been part of ANTHC's history since the very beginning.

Since its start, the Rural Energy Initiative's work has reduced village energy costs by 33 percent and saves \$2.85 million across Alaska each year.

Providing the health benefits of clean water and sanitary sewer systems for remote communities in cold climates makes for unique challenges, including extremely high energy usage and high energy costs. The goal of ANTHC's Rural Energy Initiative is that basic

See Page 2, Energy

JOIN US

During 2018, ANTHC is celebrating its 20th year of operations. ANTHC has marked new achievements to improve Alaska Native health care through our Board-led Tribal self-governance and leadership. If you have stories to share about ANTHC or the history of the Alaska Tribal Health System, send an email to news@anthc.org.

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ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

Energy

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sanitation be efficient, sustainable and affordable.

Rural Energy allows Environmental Health and Engineering projects to continue to provide regular access to water and sewage systems despite rising energy costs that threaten the cost sustainability of necessary public utility infrastructure.

Research shows that residents in communities with regular water service get fewer lower respiratory and skin infections and have lower infant mortality rates. Children who live with only limited access to water service are five times more likely to be hospitalized for lower respiratory infection and 11 times more likely to contract pneumonia, according to a 2007 study from ANTHC. Mortality rates have dropped by as much as 67 percent in rural communities where sanitation facilities were implemented.

Higher energy costs can mean less money available for regular maintenance of water lines and systems, which can lead to frozen pipes or failed pumps that shut off the water supply. Rural Energy projects make it more cost-effective to operate a community water plant.

The program works directly with rural communities to improve the sustainability and lower operating costs of rural sanitation systems and health care facilities across Alaska. Our work has been recognized with the U.S. Department of Health and Human Services "Green Champion Award" four times from 2011-2015.

Environmental Health and Engineering programs such as the Rural Energy Initiative allow ANTHC to partner with communities in new ways that continue to help advance and sustain their public utility systems. Energy project innovations that lower costs will preserve access to water and lead to healthier Alaskans.



Expanding public utility capacity in Anvik.



Construction crew working in Anvik.



ANTHC partners with communities to help advance and sustain their public utility systems.

THE MUKLUK TELEGRAPH

The Mukluk Telegraph is the official newspaper of the Alaska Native Tribal Health Consortium. The paper is published quarterly and distributed at no charge to patients, employees and partners of ANTHC statewide. Have a suggestion or a compliment for the Mukluk Telegraph? We would love to hear from you. E-mail the ANTHC Marketing Department at marketing@anthc.org.

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MISSION

Providing the highest quality health services in partnership with our people and the Alaska Tribal Health System

VISION

Alaska Native people are the healthiest people in the world

HEALTHY PEOPLE & PREVENTION

Boating safety tips from ANTHC

During the summer months, our Alaska Native people will spend more time on the water – whether it's on boats or shores, fishing or for recreation. However, every year, water related accidents and fatalities affect our Native community.

FACTS ABOUT DROWNING

- Cold water immersion is the leading cause of drowning injuries and deaths. Even the strongest swimmers cannot fight the effects of Alaska's cold rivers, lakes and oceans.
- On average, 17 Alaska Native people drown each year. About half of Alaska Native drowning victims are ages 30 and under.
- Alaska Native men are six times more likely to drown than Alaska Native women.
- 9 out of 10 drowning victims were not wearing a life jacket.
- 5 out of 6 drowning incidents followed a capsizing, swamping, ejection or fall overboard into Alaska's cold water.

STAY SAFE: PREVENTING DROWNING AND COLD WATER IMMERSION

Whether you're traveling, hunting, or just having fun on the water, you can help protect everyone on your boat by following safe boating practices. Boat owners or operators are responsible for the safety of themselves and those in their boat.

SAFETY TIPS WHENEVER YOU'RE ON THE WATER:

- Ensure the whole family has access to and uses flotation devices when near water.
- Keep young children away from water unless supervised by an adult.
- Always wear a life jacket when in an open boat or on an open deck, regardless of weather, boating experience or swimming ability.
- Attach the engine cut-off device when underway, especially when boating solo.
- When boating, carry an emergency signaling device to notify rescuers, such as a whistle or GPS.
- Equip boats with at least one means of reboarding (e.g. swim step, ladder, foot sling).
- If boating, file a plan so someone knows where you are and when you are expected back.
- Have your family members attend a water safety class such as those provided by AMSEA or the Alaska Office of Boating Safety.



Be sure everyone on your boat has access to and uses a life jacket.



As the summer days grow longer, our Alaska Native people will spend more time on the water – whether it is on boats, shores, fishing or recreation. Every year, water related accidents and fatalities affect our Native community.

On average, **17 Alaska Native people drown each year**. About half of Alaska Native drowning victims are ages 30 and under. Alaska Native men are six times as likely to drown than our Native women.

Follow these safety tips whenever you are on the water!

Keep young children away from water unless supervised by an adult



Ensure the whole family has access to and uses flotation devices when near water



When boating, have a means of communication/signaling device to attract help in an emergency



When boating, file a plan so someone knows where you are and when you are expected back



Have your family members attend a water safety class such as those provided by AMSEA or the Alaska Office of Boating Safety



For more information on water and boating safety, contact ANTHC Injury Prevention at (907) 729-3799.

HEALTHY HOMES & COMMUNITIES

Toksook Bay named best tasting water in the state by Alaska Rural Water Association



Toksook Bay's water operator Richard Curtis accepts the Alaska Rural Water Association award for best tasting water in the state from Executive Director Robyn Dombroski.

Toksook Bay won the 2017 Alaska Rural Water Association award for the best tasting water in the state.

Nine communities throughout the state brought samples to the Alaska Rural Water Association's annual conference in Anchorage. Judges at the conference used clarity, odor and taste to evaluate each sample.

The community of roughly 600 people on the Yukon-Kuskokwim Delta's Nelson Island represented Alaska at the Great American Water Taste Test in February 2018 at the National Rural Water Association's Rural Water Rally in Washington D.C.

"It will be pretty cool to do well," said Richard Curtis, the Toksook Bay water plant operator. But either way, as Curtis emphasized, "Somebody is doing something right."

Curtis noted the team effort between local personnel and ANTHC.

The award comes on the heels of ANTHC's completion of a new water treatment plant in the community, which was funded by the U.S. Department of Agriculture Rural Development. Toksook Bay is an ANTHC Alaska Rural Utility Collaborative (ARUC) member community and the two have partnered throughout the years to provide sanitation for residents in this part of the Y-K Delta.

The city council's communication and partnership in ensuring their day-to-day operations are supported leads to the highest quality water and system success. Having access to clean water will promote community-wide health benefits for generations to come.

Stay informed!
Stay healthy!
Stay engaged!
Connect with ANTHC online!

ONLINE: ANTHC.ORG
TWITTER: @ANTHCTODAY
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JULY 27, 2018

Save the date for our 7th annual

Char-tee Golf Classic

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inspiringgoodhealth.org

Save the date for the tenth annual ANMC Health Fair at AFN!

Daily prize drawings!

The ANMC Health Fair at AFN will feature a flu shot clinic, blood pressure checks, tobacco cessation services, healthy eating and lifestyle tips, and much more!

Thursday, October 18 and Friday, October 19
Second floor of the Dena'ina Civic and Convention Center

ALASKA NATIVE MEDICAL CENTER

HEALTH ADVOCACY

Drink More Water campaign promotes health benefits of drinking water

During National Drinking Water Week, May 6-12, the National Tribal Water Center, a program of the Alaska Native Tribal Health Consortium, teamed with Alaska Native and American Indian celebrities for the Drink More Water campaign.

Visual artist and activist Bunky Echo-Hawk was the first celebrity to be featured in the campaign encouraging our people to enjoy the health benefits that come with drinking water. A public service announcement, featuring Echo-Hawk, about the general benefits of water aired on Spotify during National Drinking Water Week.

Other recognizable celebrities include musician Taboo, who is a member of Black Eyed Peas, a multi-platinum record and Grammy award winning group. Film actress Irene Bedard, who was the voice of Disney's Pocahontas, also participated in the campaign.

"We're so excited to partner with spokespersons who represent and can speak to our Alaska Native and American Indian people," said James Temte, National Tribal Water Center Director. "Hopefully, this partnership and campaign will not only educate our people about the health benefits of drinking water, but also encourage them to choose water over unhealthy substitutes."

Their photos, along with a message to Drink More Water, appeared on the National Tribal Water Center's and ANTHC's Facebook and Instagram pages.



National Drinking Water Week isn't the only time to enjoy water. Here are 10 reasons to Drink More Water!

- 1. Keeps your skin looking good**
Skin is the largest organ of the human body and benefits from water. When the body is not getting enough water, dehydration has shown to make skin dry, tight and flaky.
- 2. Increases physical performance**
Not drinking enough water can cause physical performance to suffer. When exercising, the body loses some water weight through sweating. Be sure to drink more water – especially during intense exercise or when in high heat.
- 3. Improves mood, concentration and helps avoid headaches**
The brain is composed of 73 percent water. As a result, it is not surprising that dehydration can affect brain function.



4. Increases metabolism and aids weight loss

Staying hydrated is good for everyone and plays a role in maintaining a healthy weight. Choosing water instead of high-calorie, sugary beverages helps you feel full and a great way to control calorie intake.

5. Assist with digestion
Adult bodies are about 60 percent water. Babies and kids have more water as a percentage than adults. Water helps our bodies with digestion, circulation and transportation of nutrients.

6. Decreases kidney stones and constipation
Water helps the kidney and colon flush toxins and waste out of the body to ensure organs do their job.

7. For a healthier smile and stronger teeth
Water is good for your teeth! One of our bodily fluids is saliva, which is the body's first defense against tooth decay. Drinking water helps your body maintain the saliva your teeth need.



8. Helps people suffering from allergies

When you have allergies, you can also have postnasal drip from a stuffy nose. Drink more water to thin the mucus in your nasal passages and give some relief.

9. Reduces joint pain
Water helps your body lubricate and cushion joints as well as protect your spinal cord and other sensitive tissues.

10. Regulates blood pressure for a healthy heart
Dehydration can cause a strain on the heart. If you are dehydrated, the heart will try to work harder and beat faster. Dehydration can also cause a decrease in blood volume circulating in your body.

Health benefits come from studies found in the National Institutes of Health, US National Library of Medicine.

For more information, visit tribalwater.org.

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34th Annual

Alaska Native Diabetes Conference

October 10-12, 2018

Sheraton Anchorage Hotel & Spa
Anchorage, Alaska

For more information, visit anthc.org/diabetes.

HEALTH TRAINING & EDUCATION

Partnership with Iñisaġvik College gives Behavioral Health Aides more opportunity to support Alaska Native communities



Xiomara "Xio" Owens, ANTHC Director of BHA Training, presents to a group of Behavioral Health Aides.

Behavioral and mental wellness are important, yet often underserved, parts of individual and community health in rural Alaska. In order to better serve our Alaska Native people throughout the state, Alaska Native Tribal Health Consortium has partnered with Iñisaġvik College to develop an academic program to grow a community-based behavioral health workforce.

The training curriculum was designed by ANTHC Behavioral Health Aide Program and is specifically tailored for Behavioral Health Aides (BHA) who are serving our people in rural communities. The two-year program gives BHAs who are employed by a Tribal health organization an avenue to advance their careers and career opportunities. BHAs enrolled in the training program will earn an associate degree from Iñisaġvik College and achieve their BHA-I and -II level certifications through the Alaska Tribal Health System's Community Health Aide Program Certification Board (CHAPCB).

"This is one of a few avenues for training our Behavioral Health Aides, but it's the first to be tailored specifically to BHAs so they are prepared to address the unique challenges of their position," Xiomara "Xio" Owens, ANTHC Director of Behavioral Health Aide Training, said. "The curriculum is designed and taught in the context of working and living in rural and remote Alaskan communities."

In their first year, students learn fundamental information about behavioral health and the types of situations they might encounter in the field. This

includes an introduction to behavioral health topics, such as healthy relationships, substance use and suicidality. During the first year, BHAs are also learning about ethics, consent, confidentiality and compliance.

The second year, currently under review by Iñisaġvik College, will dive more into clinical skills, such as interviewing techniques and recognizing co-occurring disorders.

"They'll also learn about navigating dual relationships and identifying community-based resources to support those they serve," Owens said.

The program launched in August 2017 with eight BHAs from across the Alaska Tribal Health System in the first cohort.

"We were mindful in our recruiting for this program," Owens said. "We wanted people who had a vested interest in, and commitment to, the health of their communities. We also wanted to enroll BHAs who demonstrated the potential to move beyond an associate degree so they can eventually get their master's degree and become employed as clinicians for their regional health organization."

All BHAs need a master's level clinician as a supervisor. However, supervising clinicians are not often from the community or region they serve, so there is perpetual concern about turnover. Furthermore, BHAs looking to advance into these positions aren't able to unless they have an academic degree.

"It's important for people from the community to have an opportunity to grow into the supervisor

positions [of master's level clinician]," Owens said. "They are going to be there for the long haul. They are committed because it's their community and they should be able to advance their careers within the communities they are a part of."

An additional benefit to the partnership through Iñisaġvik is the use of distance learning technology, such as tele- and videoconferencing, which allows BHAs to connect live with their instructors and fellow students across the state without leaving their communities.

"Folks are participating in classes from their home community on a weekly basis. Then they come together for a one-week intensive in Anchorage each semester," Owens said. "We were thoughtful in the design of the program and now that we have implemented the model and have our first cohort enrolled in and attending classes, we're coming to find out it's an awesome partnership with Iñisaġvik. Our students and instructors feel well supported by staff at ANTHC and Iñisaġvik, and even more importantly, that the training is meaningful and relevant to their roles as BHAs."

To learn more about Behavioral Health Aides, visit: anthc.org/behavioral-health-aide-program/.

Last fall, ANTHC, the State of Alaska and the U.S. Departments of Labor signed an agreement to establish a new Registered Apprenticeship program for Tribal regions' Behavioral Health Aide providers. More on that development can be found here: anthc.org/news/anthc-starts-new-behavioral-health-aide-apprenticeship-program/.

HEALTHY HOMES & COMMUNITIES

Fall green cleaning recipes to help reduce asthma irritants

Many of the products that we use to clean, sanitize, disinfect and deodorize our homes contain ingredients that can trigger, and be linked, to asthma development and air pollution.

The Alaska Native Tribal Health Consortium Healthy Homes Program helps our people to recognize asthma triggers in their homes and communities so that instances of asthma attacks, and even the development of the condition, decline.

When doing your fall cleaning, take steps to eliminate contaminants that negatively affect lung health and use green cleaning products that use naturally occurring and non-toxic ingredients. Use the Green Cleaning Recipes card next to this article to help keep your home fresh and free from potentially harmful air pollutants.

Back to the basics

While not always as effective as commercially available products, the basics can be useful cleaners. Take care to never mix ammonia and bleach, as this will produce a toxic gas.

- Vinegar is an eco-friendly liquid consisting of acetic acid and water. It kills bacteria and foodborne pathogens making it an effective disinfectant. It also dissolves mineral deposits from glass and other smooth surfaces.
- Baking soda or sodium bicarbonate can be used as a water softener, deodorizer and is effective in removing stains when diluted with warm water.

Identifying safe cleaning products

Know how to identify safe products. Read the label! Use products that:

- Are fragrance-free
- Are dye-free
- Don't have the word "danger" on the label
- List all the ingredients on the label or website
- Are colors you could find in nature

Asthma triggers and lung irritants

Asthma is a chronic disease that causes irritation and swelling of the airways, impacting the lungs and breathing. Asthma can affect Alaska Native people of all ages and in all parts of the state. It is a condition that makes daily activities, such as hunting, fishing or cooking traditional foods, difficult. For some people, asthma is a minor annoyance, but for others, it can be a life-threatening condition.

Known cleaning ingredients that can act as triggers and lung irritants include:

- Bisphenol A (BPA)
- Bleach
- Fragrance ingredients
- Parabens and phthalates
- Volatile organic compounds (VOCs)—ex- formaldehyde, benzene, and toluene

EPA has the Safer Choice program that can help consumers browse safe products as well as find a retailer at epa.gov/saferchoice.

For additional information and resources, visit the Centers for Disease Control and Prevention (cdc.gov/asthma/) or Environmental Protection Agency Indoor Air Quality (epa.gov/indoor-air-quality-iaq) websites.

For more information on the ANTHC Health Homes Program, visit anthc.org/healthy-homes.



Green Cleaning Recipes

Ingredients in these green cleaning recipes are easy on the lungs, do not pollute the air and do not contaminate the environment.



General all-purpose cleaner: Mix equal parts vinegar and water in a spray bottle.



Wall cleaner: Spray walls with a mixture of half vinegar and half water. Dry walls immediately.



Surface cleaner: Mix 2 cups of baking soda, ½ cup of liquid castile soap and 4 tsp. of vegetable glycerin.



Laundry detergent: Mix 1 cup soap flakes, ½ cup washing soda and ½ cup baking soda. Use 1 tsp. per load.



Deodorizer: When the weather allows, open the windows. Another option is to set out an open box of baking soda wherever you need air fresheners.



Drain cleaner: Pour ½ cup baking soda down the drain and follow it with 1 cup of vinegar. Wait 10 minutes then pour water to clear out residue.

BACK TO SCHOOL IMMUNIZATION REMINDER

As you help your kids get ready for the school year, make sure they have received their vaccinations!

Help protect the health of your child, his or her friends, classmates, and others in the community. Schedule an appointment with your child's health care provider to make sure your child's vaccines are up to date.

RECOMMENDED IMMUNIZATIONS FOR SCHOOL-AGE CHILDREN

4-6 years

- Diphtheria, tetanus and whooping cough (pertussis) (DTaP)
- Polio (IPV)
- Measles, Mumps and Rubella (MMR)
- Chickenpox (Varicella)

11-12 years

- Meningococcal Conjugate Vaccine
- Human Papillomavirus (HPV)
- Tdap for protection against tetanus, diphtheria and pertussis (whooping cough)

13-18 years

- Meningococcal Conjugate Vaccine
- Serogroup B Meningococcal Vaccine

Children ages 6 months and older should also receive a yearly flu vaccination for flu season.



Note: Recommended immunizations listed above come from the U.S. Department of Health and Human Services Centers for Disease Control and Prevention. For questions about your child's vaccines, talk to your health care provider.

ALASKA NATIVE MEDICAL CENTER

ANMC expands access to sleep studies and services for our people

The new Alaska Native Medical Center Sleep Center recently opened in the new Alaska Pacific Medical Building. The Sleep Center provides consultations, sleep studies and evaluation of sleep disorders, patient education, mask fitting, and PAP desensitization. We are pleased to offer this new service for ANMC patients to help get on the path to better sleep.

The Sleep Center offers health care services for adult patients and is accredited by the American Academy of Sleep Medicine. The Sleep Center is working toward providing pediatric sleep services in the future. Sleep Center physicians have backgrounds in neurology, internal medicine and pulmonology,

and take a comprehensive approach to diagnosing and treating people with sleep disorders. Registered sleep technologists are available day and night to perform diagnostic testing, patient education, mask fitting, PAP desensitization, and assist our providers in supporting patients. The Sleep Center also has a nurse case manager and two assistant case managers on staff.

There are more than 80 recognized sleep disorders, many of which overlap with, present as, or exacerbate other health issues. Better sleep means better health and is an integral part of well-being.

To be seen in the Sleep Center, the process starts with a referral from the

patient's provider. Once our assistant case managers receive a referral, they contact the patient to schedule a consult with a physician. The consult reviews any sleep-related issues as well as potential contributing health issues to determine the best course to further evaluate and treat any potential sleep disorder, including whether or not a sleep study is needed. When a sleep study is ordered, the patient is scheduled for overnight diagnostic testing.

Our 8-bed Sleep Lab features a private bathroom and shower, televisions with cable service, and a Sleep Number bed in every room — our sleep study rooms are similar in design and feel to a hotel room.

What can I expect during a sleep study?

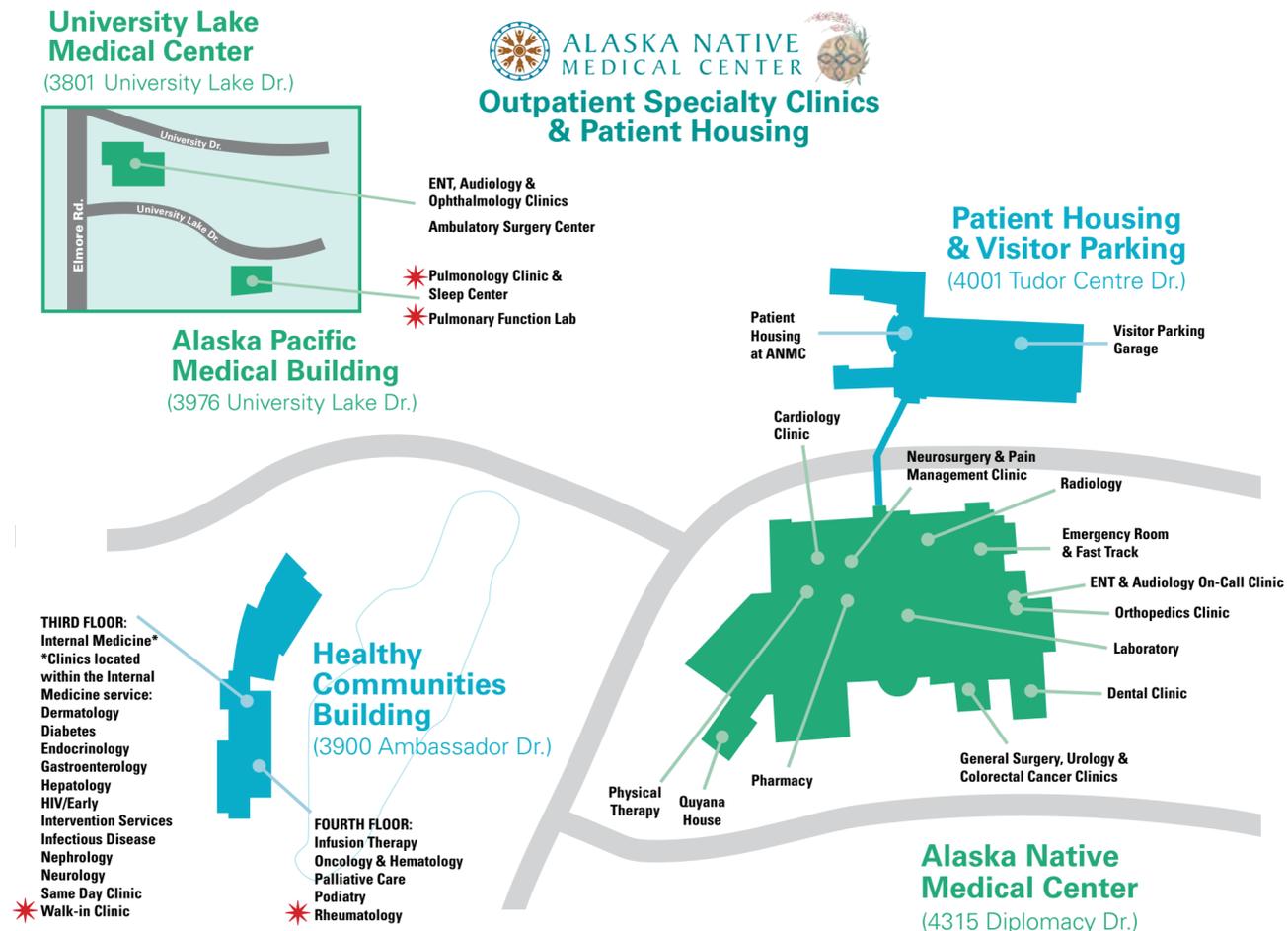
When you are scheduled for a sleep study, you will arrive at the Sleep Center at 8 p.m. (we also offer daytime sleep studies for people who work nights). You will be greeted by technologists who will show you to your room for the evening. We suggest our patients wear loose-fitting, comfortable night clothes. Patients are also encouraged to bring personal comfort items such as a favorite blanket, pillow or even a stuffed animal.

Our night staff are all credentialed technologists. The technologists will apply various sensors to you to monitor

See Page 9, **Sleep Studies**

Find your way around the Alaska Native Health Campus! The map below shows ANMC outpatient clinic locations. A “*” indicates a new clinic or a clinic that has recently moved locations.

If you are unsure of where to go for your appointment, call ANMC toll-free at 1-855-482-4382.



HEALTHY PEOPLE & PREVENTION

Nonalcoholic Fatty Liver Disease: Important actions you can take to prevent this liver disease

THE SILENT EPIDEMIC

Do you know the most common cause of liver disease in the United States? Up to 25 percent of people in the United States have this disease and most are not even aware. Nonalcoholic fatty liver disease (NAFLD) is a build-up of fat in the liver in someone who doesn't drink alcohol or have any other reason for fat build up in the liver. This fat irritates the liver, causing leakage of enzymes that can lead to scarring of the liver and even cirrhosis (severe scarring) in some persons. NAFLD is a silent disease meaning there are no symptoms until the disease has been present for many years and scarring has already happened.

Your liver is the largest internal organ and is an important part of your overall health. It is about the size of a flattened football and is located in the upper right side of your abdomen. Your liver has many jobs. It stores and processes nutrients from the food you eat, makes proteins for clotting and immunity, and removes waste products.

WHO IS AT RISK FOR NONALCOHOLIC FATTY LIVER DISEASE?

You are more likely to have NAFLD if you are overweight, have diabetes, high cholesterol, or metabolic

Sleep Studies

Continued from page 8

electroencephalography (EEG, records the electrical signals of the brain), electrooculography (EOG, records eye movements), electromyography (EMG, records muscle tone and movement), respirations, respiratory effort, heart rate and rhythm, and oxygen levels in the blood.

Sleep studies are completely non-invasive. Some items are applied with patches, tape, or a special paste similar to Vaseline. Patients are scheduled with the clinic to follow-up on results after their sleep study. Our technologists like to joke that it is the easiest medical test you can have because all you have to do is go to sleep!

If you have questions about the services we provide, please call the Sleep Center at (907) 729-8141.

syndrome. Metabolic syndrome can occur when at least three of the following indicators are present: a waist measurement of 35 inches or more in a woman or 40 inches or more in a man, high blood pressure, high blood triglycerides, low HDL cholesterol, or elevated fasting blood sugar. Poor eating habits can also lead to NAFLD. If you have any of these mentioned conditions, you may want to ask your health care provider to test you for this disease.

DIAGNOSING NONALCOHOLIC FATTY LIVER DISEASE

To diagnose NAFLD your health care provider will check liver blood tests, recommend a liver ultrasound and possibly a FibroScan of the liver. If the liver blood test shows high liver enzymes or the ultrasound shows fat (steatosis) and there is no other cause for liver disease you may have

NAFLD. A FibroScan of the liver will tell whether you have a small or large amount of fat in the liver and how much scarring is present. A liver biopsy may be recommended to look for non-alcoholic steatohepatitis (NASH), which is a more severe form of NAFLD that can lead to cirrhosis, liver failure and liver cancer. Steatohepatitis is fat in the liver that causes ongoing inflammation or irritation.

PREVENTING NONALCOHOLIC FATTY LIVER DISEASE

The treatment for NAFLD and NASH is a healthy diet and exercise for weight loss. Studies have shown the Mediterranean diet can decrease fat in the liver. Losing at least 5 percent of body weight will decrease fat in the liver but a 7 percent or more decrease in body weight may improve NASH. Scientists are working on medications to treat this disease.

Hopefully, within the next two to three years there will be medicine available to treat NAFLD but until that time the treatment remains healthy diet, exercise, and weight loss.

Important steps you can take to prevent this disease are to maintain a healthy body weight, eat a healthy diet, and exercise regularly. Your health care provider can help determine a healthy body weight for you. Eat mostly whole fruits and vegetables, whole grains, nuts, fish and low fat meats. Avoid junk food and processed foods. Drinks and processed foods that contain fructose (such as soda and fruit juice) can cause NAFLD and are best completely avoided or only eaten rarely. Exercising 30-60 minutes every day can help to treat or prevent this disease.

For more information, contact the ANTHC Liver Disease and Hepatitis Program at anthc.org/hep or by phone at (907)729-1560.

VOICE YOUR WISHES

Advance Care Planning makes your health care choices known.

Advance Care Planning gets you ready - in case of the unexpected. For the first time ever, Advance Care Planning resources are designed for Alaska Native people and available at ANMC. These materials will make your health care wishes known if you are ever in a situation where you can't speak for yourself.

Talk with your provider today about Advance Care Planning for Your Care, Your Choices!

For more information about Advance Care Planning, go to ANTHC.org/palliative-care.

MyHealth
Your Portal to Wellness

MyHealth is a health management tool provided by Cerner® and a way for you to access some of your health records online.

With MyHealth, you can:

- View clinical record summary (allergies, immunizations, health issues, discharge summary, surgeries and procedures)
- Access limited lab results (excluding sensitive test results or results that may require further discussion with your provider)
- See your clinical document generator (a snapshot of some medical information)
- Connect with your provider through secure messaging
- View, request and cancel appointments

Ask your provider if your Tribal health organization participates in MyHealth.

Sign up for MyHealth to access your wellness information online today!

Access your MyHealth portal on your smartphone or other mobile devices. Search your app store: HealtheLife.

For more information, visit anmc.org/myhealth. For 24/7 password help, please call (877) 621-8014.

HEALTHY PEOPLE & PREVENTION

Harvesting plants for food and medicine grows our culture, tradition and health



Planning is underway for two fall 2018 Alaskan Plants as Food and Medicine symposiums in Anchorage and Fort Yukon.

ALASKAN PLANTS AS FOOD & MEDICINE - BENEFITS OF THE FALL HARVEST

Alaska Native people have lived in harmony with living things for thousands of years, including our traditional plants. This is the time of the year when our many variety of berries become ready to pick. Berries and plants harvested in the fall provide an abundance of high-quality nutrients.

“Our Alaskan berries are full of fiber and antioxidants like Vitamin C, that help keep our bodies healthy,” Marcia Anderson, ANTHC Health Promotion Manager, said. “And their sweet, delightful flavors make a wonderful addition to a variety of recipes. Berries can be made into jams, jellies, fruit leathers, sauces, and desserts.”

Along with the berry bounty, fall is a good time of the year to pick yarrow for the dried flowers, stems and leaves to make healing salves. In her book “Tainaina Plantlore,” author

Priscilla Russell writes, “dry powdered flowers of yarrow were drank as a tea for sore throats or used as a gargle. Additionally, the tea would be mixed with highbush cranberry juice and used as a cough syrup”.

There are social benefits to the fall harvest. It’s a great time for our families to come together and share traditions.

“Building a relationship with plants teaches our children to be active, to respect, and engage with our environment, engage in our culture, keeping traditions alive,” Anderson said.

SYMPOSIUMS FOR PLANTS AS FOOD AND MEDICINE

With the import of commercial foods and the increased reliance on store-bought groceries, our knowledge, skills and practice of Alaskan plants as food and medicine can be in jeopardy.

At the recommendations of Tribal health organizations with the input

from Elders, ANTHC Wellness and Prevention began hosting annual educational symposiums on Alaskan Plants as Food and Medicine in 2012. ANTHC has transitioned to a regional support model for Alaskan Plants as Food and Medicine symposiums.

The symposiums create an opportunity for collaboration, networking and sharing valuable traditional plant knowledge throughout Alaska. Each region is diverse with its own indigenous plant knowledge, Elders, traditional healers and other natural resource professionals such as botanists. At the symposiums, groups are able to collaborate and partner collectively to promote discussion, education and increase practical skills related to Alaskan plants as food and medicine use. Activities and discussion include hands-on classes, plant walks, ethical plant harvesting and Elder knowledge.

In 2017, ANTHC collaborated on three symposiums across the state drawing more than 275 attendees.

The Interior Plants as Food and Medicine symposium was hosted by the University of Alaska Fairbanks and Kuskokwim Campus’ Elitelta Naunranek: Let’s Study Plants program in Fairbanks in partnership with the Tanana Chiefs Conference and ANTHC. Niqipiat Nigikkavut, Traditional Foods That We Eat symposium was hosted in Kotzebue by Maniilaq Association’s Office of Environmental Health. Nudnelyahi Qudulyi: Dena’ina Plants as Food and Medicine Conference in Kenai was hosted by the Kenaitze Indian Tribe, in partnership with CIRI Foundation, ANTHC and Alaska Humanities Forum.

Planning has begun for symposiums in 2018. One will be hosted by Southcentral Foundation in Anchorage and another will be hosted by the Yukon Flats Health Center in Fort Yukon.

“If you are interested in learning more about plants, know it takes time

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Plants

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to build your relationship with them; learn to harvest and use plants safely and ethically. Be patient. Look forward to working with plants in all of the seasons,” Anderson said. “Getting to know plants is just about learning something every day and building your familiarity, knowledge and skill a little at a time.”

For more information on upcoming symposiums or using plants as traditional foods and medicine, visit: anthc.org/traditional-foods-and-nutrition/.



Healthy Foods, Healthy Recipes: Smoked Salmon Pasta



SMOKED SALMON PASTA

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup green onions, chopped
- 4 garlic cloves, minced
- 1 16-oz. can smoked salmon
- 2 cups half and half

- ¼ teaspoon black pepper
- ¾ cup grated fresh Parmesan cheese, divided (any other hard, stinky cheese will also work)
- 8 cups hot cooked pasta (whole wheat spaghetti or fettuccine works well)

PREPARATION

1. Heat oil in large, non-stick skillet over medium-high heat.
2. Add onions and garlic. Sauté for a few minutes until tender.
3. Add canned salmon. Sauté for a few more minutes.

4. Add half and half and black pepper to skillet. Heat thoroughly, but do not boil.
5. Gradually add cheese. Stir continuously until cheese is completely melted.

Wild Alaskan salmon is a good source of B Vitamins, an excellent source of protein, and is rich in omega-3 fatty acids.

6. Stir in cooked pasta.
7. Remove from heat. Let pasta sit for a few minutes – sauce will thicken.

Our vision is that Alaska Native people are the healthiest people in the world. Learn more at www.anthc.org.



HEALTH TRAINING & EDUCATION

ANTHC partnership develops new Alaska Pacific University degree programs

Recently, Alaska Pacific University announced the launch of five innovative undergraduate and graduate programs designed to meet the pressing workforce development needs of the state and strengthen Alaska Native communities. Building on the strategic partnership with ANTHC, APU has developed new programs in nursing, community health, and rural management and redesigned programs in counseling psychology. Each of these academic programs supports career advancement in high-demand fields. They are grounded in cultural competence, place-based and experiential learning, and innovative, indigenous models of professional practice.

Dr. Robert Onders, APU President, reflected on these new opportunities: “The addition of these programs is part of APU’s focus on delivering programs that are relevant to Alaska’s workforce needs, allow for education at a distance or with shorter periods of time in Anchorage and are culturally relevant to the communities the students will be serving. APU is excited to work with ANTHC, ANMC and the Alaska Tribal Health System in creating these and future programs to help meet their workforce needs through meaningful student educational opportunities.”

“AK BRIDGE” RN TO BSN PROGRAM

- Culturally relevant “bridge program” taking Registered Nurse (RN) program graduates to a Bachelor of Science in Nursing
- Courses online in modular format to provide flexibility for working adult students
- Must have unencumbered RN license to apply
- Classes start Fall 2018

COMMUNITY HEALTH – AAS AND UNDERGRADUATE CERTIFICATE

- APU is partnering with Tribal Health Organizations and CHAP Training Centers to provide a stackable degree pathway for Community Health Aides
- Students must be employed by a Tribal health organization in Alaska or have previously earned Community Health Aide certifications to earn academic credit in the undergraduate certificate
- Associate of Applied Science (AAS) degree combines Community Health



Alaska Pacific University announced the development of new programs in nursing, community health, and rural management and redesigned programs in counseling psychology.

- Aide training (as major courses) with APU’s Foundational Studies in effective communication, critical thinking, cultural and historical perspective, scientific inquiry, and ethical engagement
- Foundational Studies courses are offered in a variety of formats (including all online) to be accessible to students working in rural communities
- Limited housing is available on the APU campus for CHA training residencies

ALASKA RURAL MANAGEMENT CERTIFICATE

- 18-credit undergraduate certificate focuses on basic business skills with courses in Alaska Native governance, business foundations, entrepreneurship, budgeting and ethics
- Relevant educational opportunity for community leaders, Tribal administrators and managers representing the broad scope of Alaska’s industries: government, utilities, technology, transportation and beyond

- Courses are offered in evenings online in seven-week modules — courses offered in Spring, Summer and Fall sessions
- Credits may be applied to associate or bachelor’s degree in business

COUNSELING PSYCHOLOGY: MASTER OF SCIENCE IN COUNSELING PSYCHOLOGY (MSCP) AND DOCTORATE IN PSYCHOLOGY (PSYD)

- Both programs are now offered in hybrid formats that allow for enrollments from across the state
- Students meet on campus for three weekend intensives per semester, supported by online learning across the semester
- Programs focus on capacity building in behavioral health profession — MSCP articulates seamlessly with the PsyD
- MSCP graduates work in occupations such as licensed counselor, health educator and prevention specialist
- PsyD prepares students for work as licensed psychologists, particularly

for those who want to establish private practice or work within Tribal health organizations

- Cohorts start each Fall semester
- For more information, please contact APU Admissions: (907) 564-8248 or admissions@alaskapacific.edu.

Scholarships and other forms of financial assistance are available for these programs. For more information, see APU and ANTHC websites: alaskapacific.edu/student-financial-services/financial-aid or anthc.org/scholarship-opportunities.

