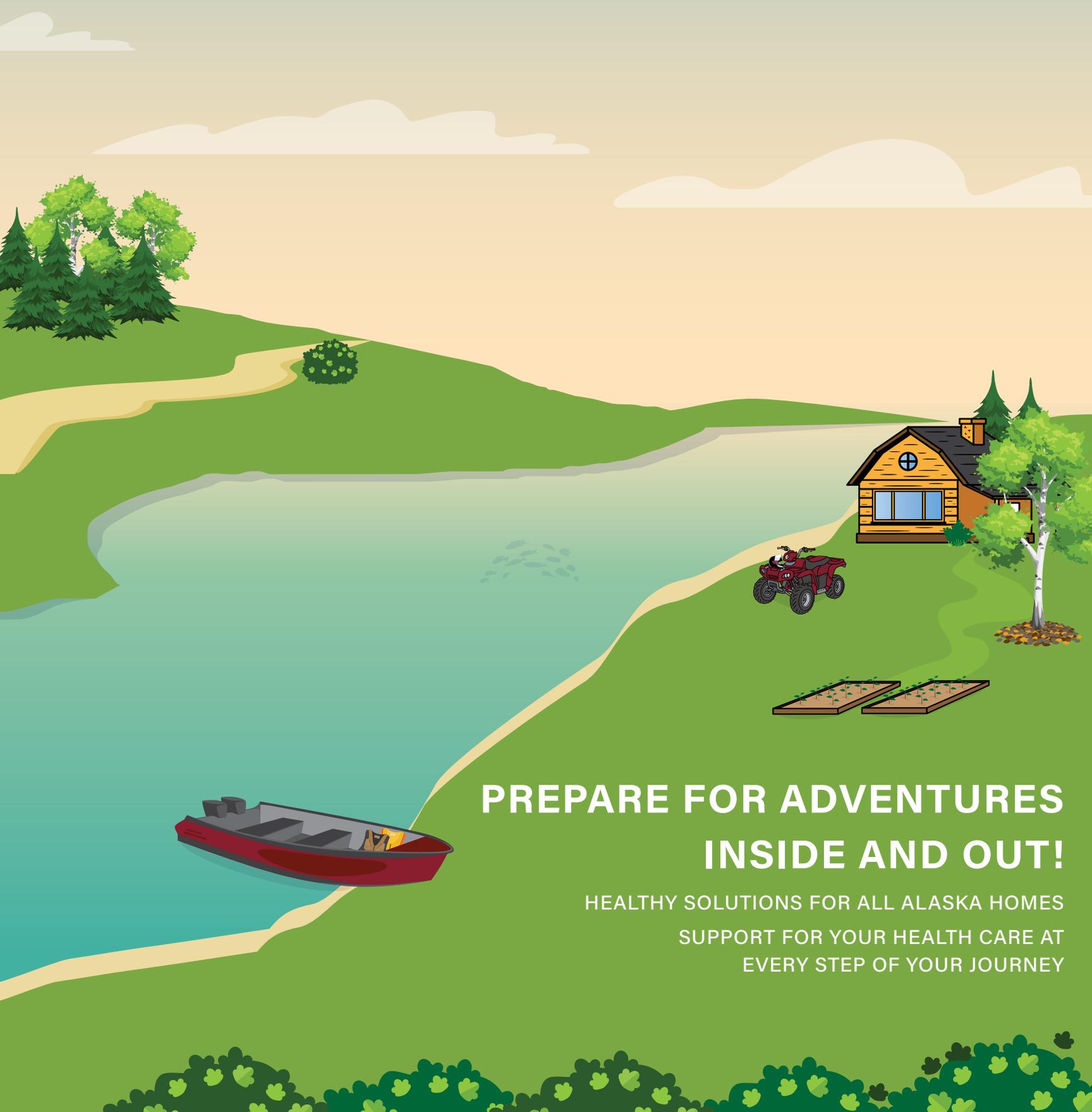


QUARTERLY ALASKA NATIVE HEALTH NEWS • 2023, ISSUE 2

MUKLUK



PREPARE FOR ADVENTURES INSIDE AND OUT!

HEALTHY SOLUTIONS FOR ALL ALASKA HOMES
SUPPORT FOR YOUR HEALTH CARE AT
EVERY STEP OF YOUR JOURNEY

KEEP SAFE FROM WILDFIRE SMOKE

Wildfires and the resulting smoke are common in Alaska, especially during the warm, dry summer months. Many communities that are safely out of harm's way from the actual burning can still be impacted by the smoke that can travel many miles. If you have asthma or lung disease, talk to your provider about managing your health.

LIMIT YOUR EXPOSURE TO WILDFIRE SMOKE:

1. Stay inside when the air is smoky. Avoid strenuous outdoor activities like yardwork or running.
2. Keep your indoor air as clean as possible by keeping windows and doors shut, using air filters or using an air conditioner that circulates air inside. Limit use of wood stoves, gas stoves, candles, and do not smoke inside. Get shelter elsewhere if it's too hot with all your windows closed.
3. Use medical grade masks if air is especially smoky. Dust masks and bandanas are often not designed to trap small smoke particles. An N-95 respirator can help protect you if worn properly.

Other tips for indoor air quality all year long:

1. Burn only seasoned, dry wood indoors. Do not burn garbage, treated wood or other items that may release toxic fumes.
2. Make sure carbon monoxide and smoke detectors have batteries and are functioning.
3. If you smoke, keep all forms of smoking outside. Contact ANTHC Tobacco Cessation about nicotine replacement products at (907) 729-4343.
4. More information on air quality is available from the ANTHC Air and Healthy Homes Program at anthc.org/ceh.

The Mukluk Telegraph is published by the Alaska Native Tribal Health Consortium to share health and wellness information for Alaska Native people.

CONTACT US

Have a suggestion or a compliment for the Mukluk Telegraph?

We'd love to hear from you. Email the ANTHC Marketing & Communications Department at akamarketing@anthc.org. More information is online at anthc.org.



SUPPORT FOR YOUR HEALTH CARE AT EVERY STEP OF YOUR JOURNEY

We value the opportunity to serve you at the Alaska Native Medical Center. ANTHC has many hospital services to provide you with the best health care in the safest, most comfortable environment possible. Contact the main ANMC phone number at (907) 563-2662 for questions on any of the services below.



Travel and transportation to campus

- Shuttle services to and from the airport, including wheelchair-accessible transportation are available.
- Small air carriers: Contact the Travel Management Office for transportation to ANMC from small air carrier locations

ANTHC Travel Management Office:

ANTHC's Travel Management Office oversees general travel support for patient travel to Anchorage. Contact us at (866) 824-8140 if you need travel assistance.

Housing services

- Patient Housing at ANMC

Patient Experience

- For all questions or comments relating to Patient Experience, call (907) 729-3990 or email customercontact@anthc.org

PREPARING FOR ADVENTURES INSIDE AND OUT!

Preparing for your Alaskan activities helps you have a healthy and safe summer. Look around your home or outdoor gear to start planning your adventures. Here are some tips to get you thinking!

1) HOME

Create a home safety kit or check that your supplies are fresh and in working order. Things that need to be replaced can include food, water, batteries for flashlights or electronics, and first aid supplies.

2) GARDEN

An outdoor garden means you have your own place to forage from! Depending on where you are in the state, it's generally warm enough to plant in late May or early June. Plant hardy plants adapted to the wide range of climate conditions such as peas, carrots, cabbage, broccoli, beets, potatoes, and greens like kale and spinach for easy access to locally grown vegetables.

3) YARD CARE

Clear materials like grass and wood from around your house that may block air vents or be fuel for a wildfire.

4) ATV/4-Wheeler

Helmets on! When traveling by all-terrain vehicle (ATV), motorcycle, or bike, anywhere, anytime, everyone should wear a helmet – even if it's a quick trip close to home – to reduce the risk of traumatic brain injury.

5) FISHING

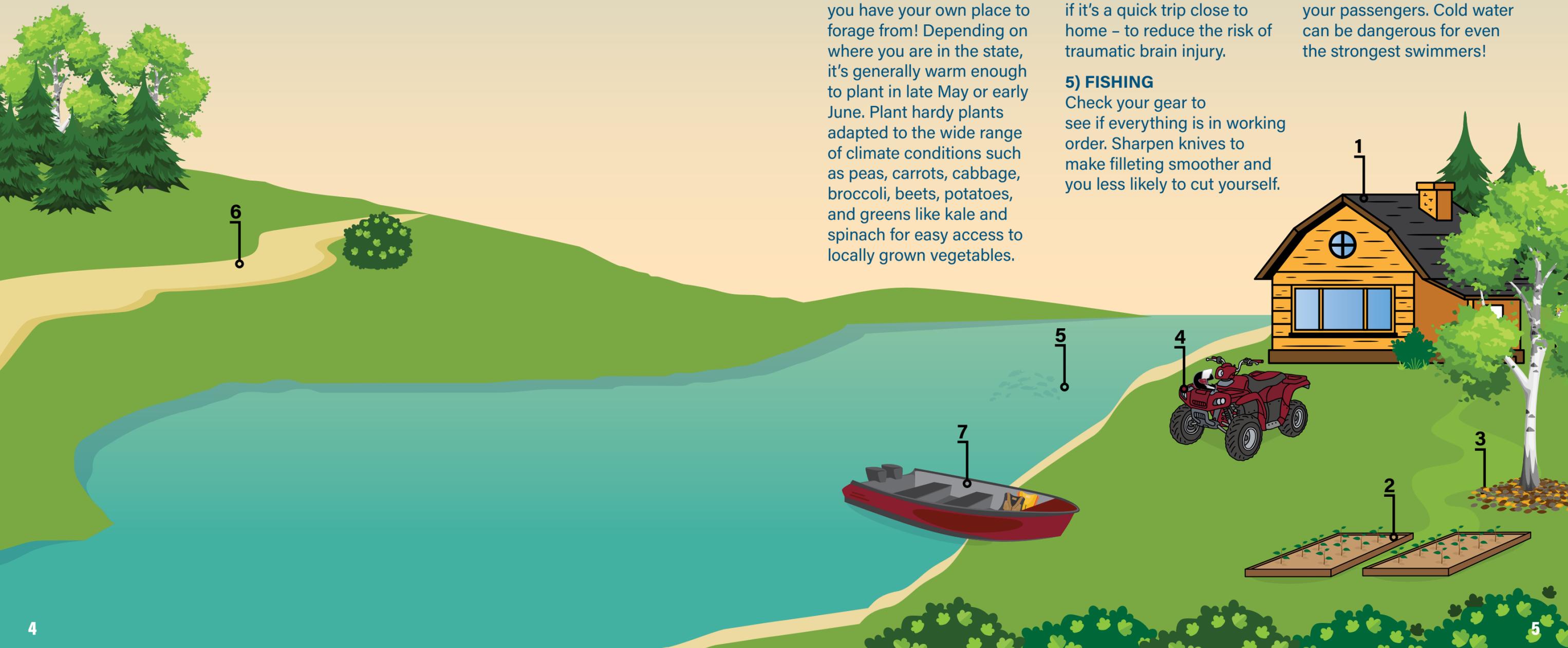
Check your gear to see if everything is in working order. Sharpen knives to make filleting smoother and you less likely to cut yourself.

6) HIKING

Before heading to your next outdoor adventure check weather and terrain for the areas you plan to visit. Knowing what to look for ahead can help prevent injuries.

7) BOAT

Make sure you have enough life vests for you and your passengers. Cold water can be dangerous for even the strongest swimmers!



HEALTHY SOLUTIONS FOR ALL ALASKA HOMES

From its inception, ANTHC has been dedicated to improving the health and quality of life of Alaska Native people. Meeting the unique public health challenges of rural Alaska’s communities takes more than dedication and perseverance. Sometimes it takes ingenuity.

PORTABLE ALTERNATIVE SANITATION SYSTEM (PASS)

For some Alaska communities that are vulnerable to flooding and erosion, piped sanitation infrastructure isn’t physically, or financially, feasible. For these areas, ANTHC engineers have designed a low-cost sanitation alternative that addresses the most basic needs of hand-washing, safe drinking water, safe human waste handling and improved indoor air quality. The system takes very little space, is simple to operate and can be disassembled and reassembled in a new location, as needed.

The Portable Alternative Sanitation System, also known as PASS, was awarded a U.S. patent in November 2021. It consists of a water treatment system, gravity-fed water storage tank, low-flow sink, waterless urinal, separating dry toilet, ventilation fan, seepage pit and optional rain catchment system. And since PASS is a portable, stand-alone system, it can be moved along with a household.

The PASS and its simplified version, the Mini PASS, are currently in more than 470 homes that would otherwise be using a honeybucket and water hauled in open tanks that is subject to contamination. Having in-home water and sanitation makes healthy hygiene practices easier, which has been shown to reduce illness according to public health research, including reports from ANTHC studies.

The Mini PASS is made of two components: a handwashing cabinet and ventilated honey-bucket. The hand-washing cabinet allows for an in-home faucet for running water and is designed for areas where families typically use washbasins. The vented honey-bucket comes with a ventilation system that includes a fan to pull odors out of the home. This eliminates the need for harsh odor-masking chemicals and helps to freshen the air throughout the house, two significant improvements in maintaining a healthy lifestyle.



FIDDLEHEAD RECIPE

Spring is an abundant gathering season! Fiddleheads are only edible when they are tightly coiled spring growth of ferns.



SAUTÉED FIDDLEHEADS

INGREDIENTS

- 2 quarts water
- 1 tablespoon salt
- 1 lb. fiddlehead ferns, trimmed of brown skins and rinsed
- 2 teaspoons olive oil
- 1-2 cloves garlic, minced

PREPARATION

1. Bring water to boil.
2. Add salt and fiddleheads. Cook about 1 minute.
3. Drain and rinse fiddleheads with cold water.
4. In large frying pan, heat oil over medium heat.
5. Add fiddleheads and cook for about a minute.
6. Add garlic and cook a little longer. Garlic becomes very fragrant and fiddleheads caramelize, becoming slightly golden.



Fiddleheads are vibrant green, tightly coiled ferns that grow in early spring. They can be found in the Brooks Range, the Aleutian Islands, Southcentral Alaska and the Alaska Panhandle.

Fiddleheads must be harvested when they are young and tightly coiled, as mature ferns are toxic. Fiddleheads are very bitter when raw, so they should be cooked before consumption

This recipe is from "Foods We Alaskans Enjoy", a cookbook published by the ANTHC Diabetes Program.

FIDDLEHEAD FERN INFORMATION: *NATIVE NAMES:* Cetugar (Yup'ik), K'wálx (Tlingit) Fiddlehead ferns are also known as the "trailing wood" fern. Fiddleheads are coiled edible spring growth of ferns and can be found from the Brooks Range southward toward the Aleutian Islands, and on the Alaska Panhandle.

NUTRITION: Fiddlehead ferns are an excellent source of fiber and Vitamin A and a good source of Vitamin C.

ANTHC OUTPATIENT IMAGING CENTER AT UNIVERSITY LAKE MEDICAL CENTER BUILDING

The new Outpatient Imaging Center for ANMC patients means more appointment availability for our people! Patients won't have long wait times or potentially be bumped for emergency and trauma patients, which can happen often at the ANMC hospital, a Level II Adult and Pediatric Trauma Center.

The new Outpatient Imaging Center is equipped with the latest state-of-the-art imaging equipment and technology:

- Two MRI machines, a 3 Tesla and a 1.5 Tesla
- A dual energy CT machine
- X-ray, fluoroscopy and ultrasound rooms

Outpatient Imaging Center

- Location: University Lake Medical Center (ULMC) at 3801 University Lake Drive, Suite 102. ULMC is an ANMC shuttle stop.
- Verify your appointment location: Contact the ANMC Outpatient Imaging Center at (907) 729-7522.

