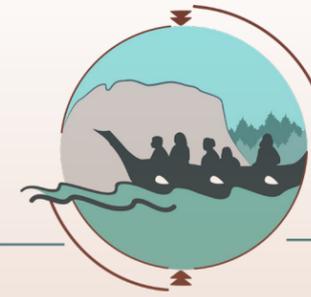


Remember well-child visits!

Well-child visits and recommended vaccinations are essential tools for keeping your child healthy. Here's how they help:

- Tracking growth and developmental milestones
- Discussing any concerns about your child's health
- Getting scheduled vaccinations to prevent serious, contagious diseases such as measles and whooping cough (pertussis)

Call TODAY to schedule your child's checkup!



Ko-Kwel Wellness Centers

Spring 2023

Why Candida is smiling again

Meet a beaming success story from KWC dental clinic's first year

The Coquille Tribe's dental clinic is one year old, and Candida Pruett is celebrating with a beautiful new smile.

Pruett, a member of Oklahoma's Citizen Potawatomi Nation, has given herself a head-to-toe transformation. With diet, exercise and gastric sleeve surgery, she dropped from 420 pounds to 170.

Next, delighted with her progress, she overcame her fears and visited a dentist for the first time in decades.

"I wanted my teeth to match the rest of me," she said. And the experience?

"It was awesome."

Pruett broke her front teeth at age 7. Anxiety and panic attacks kept her out of the dental chair until last year. The Ko-Kwel staff soothed her with compassion and patience.

"They were willing to work with me every step of the way," she said.

The team reconstructed



At 170 pounds, down from 420 (below), Candida Pruett is glad to show off her newly repaired smile.

Pruett's smile over a period of months. They filled cavities and reconstructed her front teeth.

Pruett says her new acrylic crowns are "a perfect match." KWC dentist Mary Williard calls such work "the artistry of dentistry."

Pruett doesn't reserve all her praise for the dental team. She's also pleased with KWC's medical clinic.

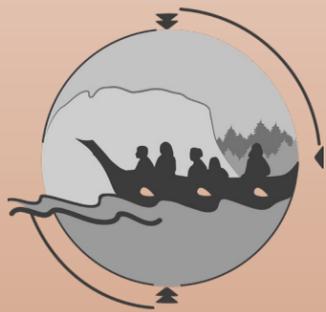
"The doctors here have a way better bedside manner" than in other clinics, she



said. "You're treated more like a patient than a number."

A great first year: Page 2

Ko-Kwel



Wellness Quarterly

Spring 2023

Ko-Kwel Wellness Center
630 Miluk Drive
Coos Bay, OR 97420

Lane County residents:



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kokwelwellness.org

Dental clinic's first year: 'Amazing'

The Ko-Kwel Wellness Center's dental clinic opened in 2022 with an appealing promise of unconventional oral care.

Dr. Mary Williard, who leads the dental staff, set a goal of building trust with patients through respect, compassion and understanding.

"It has been amazing," Williard said. "The people are just really grateful that we're there."

As the dental clinic begins its second year, one defining feature is Williard's passion for redeeming damaged teeth. Rather than extract broken teeth, she relishes the chance to build crowns and bridges to fill gaps and restore smiles.

"When someone gets new crowns and new teeth, they're delighted," she said.



Dr. Mary Williard and dental therapist Jason Mecum, a Coquille Tribal member, work closely with KWC's medical team to coordinate care.

Another hallmark of the Ko-Kwel Wellness Center is linking medical and dental care. It's called "interprofessional care," and Williard is a firm believer. She has encouraged collaboration by assigning dental staff members to shadow their medical counterparts at work.

KWC aims to be a one-

stop shop for medical, dental, behavioral health and pharmacy services. A good example is diabetes patients, who often develop gum disease.

At KWC, a medical provider can refer a medical patient for same-day dental care, just down the hall. The two clinics work in tandem to improve the patient's overall health.

Year 2: Early care and high-tech tools

In the Ko-Kwel Wellness Center dental clinic's second year, Dr. Mary Williard has her eye on new opportunities.

Williard, who has devoted her career to serving indigenous patients, plans to expand outreach to pre-schoolers and even babies. She imagines a generation of healthier kids who don't fear the dentist.

In another step, the clinic recently acquired

a hand-held laser. The device can cut soft tissue with minimal bleeding, reduced pain, and faster healing than traditional methods.

Mainly, Williard wants to retain the clinic's friendly character and its focus on patients' needs.

That includes spending time talking with patients and listening to their stories – making sure fearful patients feel welcome and safe.

Spring focus on prevention

Be good to your gut

Colorectal cancer is the second most common cause of cancer deaths worldwide. The CDC recommends:

- Get screened, starting at age 45.
- Increased physical activity can help.
- Keep a healthy weight, limit alcohol, and avoid tobacco.

March is Colorectal Cancer Awareness Month



Protect your aging bones

Osteoporosis weakens bones, especially in older women. The National Institutes of Health says:

- Eat a nutritious diet, rich in calcium and vitamin D.
- Stay active with weight-bearing exercises like walking, running, dancing.
- Don't smoke.
- If you drink alcohol, drink in moderation.
- If prescribed, take medication to prevent bone loss.

May is Osteoporosis Awareness and Prevention Month



Sweet dreams

Still wide awake at 2 a.m.? Using electronic devices before bed may be one reason.

Screens emit blue light and prevent the natural production of melatonin. (That's the chemical that tells your brain it's time to sleep.)

If you like reading before bed, a real book is still your best choice.

Sleep Awareness Week is March 14-20

Ah-choo!

The Mayo Clinic offers these tips for allergy season:

- Reduce exposure to allergy triggers. Lawnmowing and gardening can stir up allergens.
- Change clothes and shower to rinse off pollen when you come in.
- If pollen forecasts are high, start allergy meds before symptoms start.
- Close windows at night.
- Rinse nasal passages with saline to flush allergens.

More at [mayoclinic.org](https://www.mayoclinic.org)

Is stress making you sick?

Stress isn't just in your head. It can cause physical symptoms or worsen chronic health problems. Here are some ways to cope, courtesy of the CDC:

- Limit the time you spend on news and social media.
- Eat healthy, exercise and get plenty of sleep.
- Take deep breaths, stretch, or meditate.
- Avoid drugs and alcohol. They can make things worse instead of better.
- Make time to unwind with activities you enjoy.
- Talk with people you trust about your concerns and how you are feeling. Connect with community-based or faith-based organizations.
- Recognize when you need help from a professional.



April is Stress Awareness Month