



OSAGE NATION HEALTH SYSTEM

A Culture of Caring

Osage Health Newsletter

LATEST HEALTH & WELLNESS NEWS, ACTIVITIES, AND HAPPENINGS

INSIDE

Updates

- ONHS Warns TB Rise
- Children’s Dental Health Month
- Trauma Informed Training at Barnsdall
- January Employee Recognitions

Health & Wellness Topics

The very latest of a variety of Health & Wellness topics happening today.

Osage Nation Health System Warns Residents about Rising Tuberculosis Concerns



The Osage Nation Health System (ONHS) is urging residents of Pawhuska and Osage County to remain vigilant as tuberculosis (TB) cases surge in neighboring Kansas. With Osage County bordering Kansas, health officials are emphasizing the importance of prevention and early detection to protect the community from the spread of this infectious disease.

What is Tuberculosis?

Tuberculosis is a bacterial infection primarily affecting the lungs, though it can also impact other parts of the body. The disease spreads through the air when an infected person coughs, speaks, or sings, releasing bacteria that can be inhaled by others.

There are two forms of TB:

Latent TB (Inactive): The bacteria remain in the body without causing symptoms or spreading to others. However, without treatment, latent TB can progress to active disease.

Active TB Disease: This form causes symptoms and can be transmitted to others.

Recognizing Symptoms of Active TB

ONHS advises residents to be aware of symptoms associated with active TB, which include:

- A persistent cough lasting three weeks or longer
- Chest pain
- Coughing up blood or mucus
- Unexplained weight loss
- Loss of appetite
- Fatigue or weakness
- Fever, chills, and night sweats

Who is at Risk?

While anyone can contract TB, certain groups face higher risks:

- Individuals with prolonged close contact with someone diagnosed with active TB
- Those with weakened immune systems due to conditions such as diabetes, HIV, or cancer
- Residents or workers in group settings, such as nursing homes, correctional facilities, or homeless shelters
- Healthcare workers exposed to TB in medical settings
- People who have traveled to regions where TB is more common

Protecting Yourself and the Community

ONHS stresses that early detection and treatment are crucial in preventing the spread of TB. Those at

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Osage Nation Health System Warns Residents about Rising Tuberculosis Concerns

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higher risk should get tested. If the test result is positive, further screening, such as a chest X-ray, will help determine if the infection is active or latent.

Both forms of TB are treatable. Treatment for latent TB reduces the risk of developing active disease, while active TB requires a full course of antibiotics to prevent further spread.

Osage Nation Health System: Supporting Community Health

The Osage Nation Health System remains dedicated to the well-being of Pawhuska and Osage County residents. If you believe you may be at risk for TB or need testing, ONHS is available to help.

For more information or to schedule a test, contact:

Osage Nation Health System

Phone: 918.287.9300

Website: osagehealth.org

Additional resources:

- Centers for Disease Control and Prevention (CDC): www.cdc.gov/tb
- Recent ABC News Coverage on Kansas TB Outbreak:
<https://abcnews.go.com/Health/kansas-faces-largest-tuberculosis-outbreak-us-history-health/story?id=118174420>

By staying informed and proactive, residents can work together to reduce the spread of tuberculosis and protect the health of their community.

Epic
COMING SOON!



OSAGE NATION HEALTH SYSTEM
A Culture of Caring

INNOVATE. INTEGRATE. EMPOWER.

Epic is the preferred electronic medical record system that many healthcare organizations nationwide use. With Epic, we're redefining healthcare—leveraging innovation, integrating advanced systems, and empowering patients and providers for a healthier community. Here are a few advantages to Epic:

ENHANCED COMMUNICATION



Provider to Provider Communication

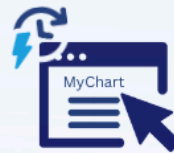


Patient to Provider Communication



Secure Messaging

SAVE TIME



In the Exam Room



During Check In



During Follow-Up Visits



Schedule Online

WE'RE HIRING

Cultivating Compassion: Join Us in Growing Our Culture of Caring as a Team Member!

Attention LPNs! We want to hear from you!

APPLY NOW



National Children's Dental Health Month

By Miranda Sholz, DDS



February is National Children's Dental Health Month, which was established to highlight the importance of pediatric dental care. At the Wahzhazhe Dental Clinic, we are working to keep our kids' smiles healthy every day, and wanted to take this opportunity to explain how you as parents can help.

Many people assume that baby teeth are not important because they will all be lost eventually. This could not be further from the truth. Baby teeth are of course important for speaking, chewing, and smiling, but they also play an important role in saving space for adult teeth. When baby teeth have to be extracted due to extensive tooth decay, the surrounding teeth can shift to close in the space, preventing the adult teeth from erupting into the mouth. Cavity-causing bacteria can also spread from baby teeth to adult teeth.

Tooth decay is the most common chronic childhood disease, affecting up to 40% of children by the time they reach kindergarten. Even young children under the age of 1 are at risk of tooth decay from bottles. When babies are put to sleep with a bottle, the teeth have a prolonged exposure to the sugars present in the milk and the teeth will decay. Fluoridation has resulted in a 25% reduction in tooth decay for both children and adults.

Research has determined the optimal level of fluoride in drinking water to be 0.7 parts per million to strengthen enamel and prevent tooth decay. As with any substance or medication, there is a maximum dosage that begins to be harmful once it is exceeded. As referenced in the legal case mentioned above, the National Toxicology Program released a report in 2024 that concluded that high levels of fluoride in drinking water, more than double the recommended level, is possibly linked to a lower IQ in children. However, this study examined subjects outside of the United States and does not make any claims about the lower optimal concentration. Pawhuska tap water has just below 0.7 ppm, which is a level proven to be safe and effective. There is no area in Osage County that has naturally high fluoride levels.

The American Dental Association and the American Academy of Pediatrics continue their support for fluoride usage because of the proven benefits. The reduction of tooth decay leads to improved overall health, less time away from day-to-day activities, and an improved quality of life. At the Wahzhazhe Dental Department we provide both regular and prescription strength fluoride toothpaste and topical fluoride treatments as non-invasive ways to keep our patients' teeth healthy and strong. Please feel free to talk with me if you have any concerns about fluoride use for you or your family.



Osage Nation Health System Prevention Department Provides Trauma-Informed Training for Barnsdall Public Schools Faculty and Students.

By Daisy Spicer, ONHS Prevention Department

Barnsdall, Oklahoma – January 20-21, 2025 – Osage Nation Health System Prevention Department was pleased to collaborate with Barnsdall Public Schools in hosting Dr. Darryl Tonemah, Ph. D to provide trauma informed training designed to educate faculty and students on the impacts of trauma and equip them with tools to create trauma-informed classrooms and support mental and emotional well-being.

On Monday January 20, Dr. Tonemah presented a two- hour workshop with Barnsdall Public School faculty. Faculty were given an understanding of the impact trauma has on the lives of students and community members. Teachers were trained to recognize what trauma looks like in the classroom and to create consistent opportunities for students to apply self-regulation tools.

Each adult was provided with an “Increase Your Peace Kit” from the Osage Nation Health System Prevention Department. The kits contain tools to promote adult wellbeing practices such as physical activity, hydration, mindfulness, creative expression and gratitude.

On Tuesday January 21, Dr. Tonemah provided one-hour presentations to Barnsdall Middle and High School students. Students learned about different kinds of trauma, how it can affect their lives and how to recognize signs of trauma in themselves and peers. Students were provided with practical tools for managing stress and building emotional regulation skills.

Darryl Tonemah, Ph.D. is a Kiowa/Comanche/Tuscarora psychologist. Dr. Tonemah has dedicated his personal and professional career to empowering the Native community. He is an internationally renowned educator and artist. He has worked on many of the reservations and Native communities in North America. He is the CEO of First Nation's Telehealth Solutions, The Tonemah Group, and Native Legacy Foundation.

For more information about the Osage Nation Health System Prevention Department and all other services available, please visit <https://osagehealth.org/>



Celebrate American Heart Month This February

By National Heart, Lung, and Blood Institute



Heart disease is the leading cause of death for men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk of heart disease. The good news is that there's a lot we can do to prevent it.

Connecting with Others is Good for Your Heart

Research shows that people with close relationships at home, work, or in their community tend to be healthier and live longer. One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we work on them with others.

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Lifestyle Tips

Here are some facts, how-to tips, and resources to inspire you to join with others, even if you can't be physically together, to

improve your heart health. Follow these lifestyle tips to protect your heart.

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Manage stress.
- Get 7-9 hours of quality sleep.
- Track your blood pressure, cholesterol, and blood sugar numbers.

You don't have to make big changes all at once. Small steps will get you where you want to go.

Move More

Invite family, friends, colleagues, or members of your community to join you in your efforts to be more physically active:

- Ask a colleague to walk "with you" regularly, put the date on both your calendars, and text or call to make sure you both get out for a walk.
- Get a friend or family member to sign up for the same online exercise class, such as a dance class. Make it a regular date!
- Grab your kids, put on music, and do jumping jacks, skip rope, or dance in your living room or yard.

Aim for a Healthy Weight

Find someone in your friend group, at work, or in your family who also wants to

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Celebrate American Heart Month This February

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reach or maintain a healthy weight. (If you're overweight, even a small weight loss of 5–10 percent helps your health.) Check in with them regularly to stay motivated. Agree to do healthy activities, like walking or cooking a healthy meal, at the same time, even if you can't be together. Share low-calorie, low-sodium recipes.

Eat Heart-Healthy

We tend to eat like our friends and family, so ask others close to you to join in your effort to eat healthier. Follow NHLBI's [Dietary Approaches to Stop Hypertension \(DASH\)](#) eating plan. Research shows that, compared to a typical American diet, it lowers high blood pressure and improves cholesterol levels. Find delicious recipes at NHLBI's [Heart-Healthy Eating](#) webpage.

Quit Smoking

To help you quit, ask others for support or join an online support group. Research shows that people are much more likely to quit if their spouse, friend, or sibling does. Social support online can help you quit. All states have quit lines with trained counselors — call 1-800-QUIT-NOW (1-800-784-8669). You'll find many free resources to help you quit, such as apps, a motivational text service, and a chat line at [BeTobaccoFree.hhs.gov](#) and [Smokefree.gov](#).

If you need extra motivation to quit, consider those around you: Breathing other people's smoke, called secondhand smoke, is dangerous. Many adult nonsmokers die of stroke, heart disease, and lung cancer caused by secondhand smoke.

Manage Stress

Managing stress helps your heart health. Set goals with a friend or family membe

r to do a relaxing activity every day, like walking, yoga, or meditation, or participate in an online stress-management program together. Physical activity also helps reduce stress. Talk to a qualified mental health provider or someone else you trust.

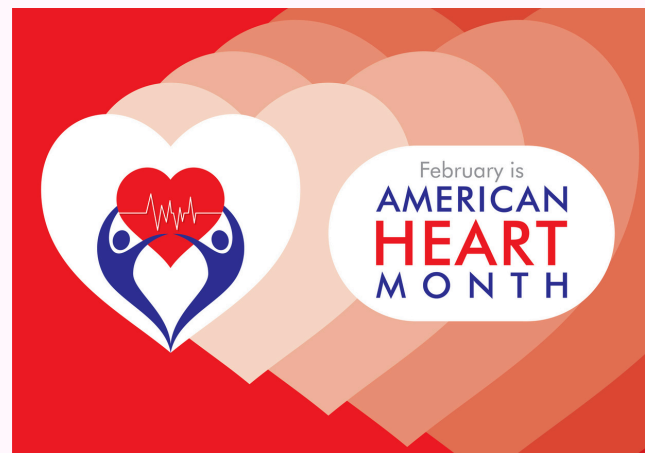
Improve Sleep

Sleeping 7–9 hours a night helps to improve heart health. De-stressing will help you sleep, as does getting a 30-minute daily dose of sunlight. Take a walk instead of a late afternoon nap! Family members and friends: remind each other to turn off the screen and stick to a regular bedtime. Instead of looking at your phone or the TV before bed, relax by listening to music, reading, or taking a bath.

Track your Heart Health Numbers, Together

Keeping a log of your blood pressure, weight goals, physical activity, and, if you have diabetes, your blood sugar will help you stay on a heart-healthy track. Ask your friends or family to join you in the effort. Check out NHLBI's My Heart Health Tracker.

Visit www.hearttruth.gov for more information about heart health.



February is National Cancer Prevention Month

By World Health Organization

Between 30–50% of all cancer cases are preventable. Prevention offers the most cost-effective long-term strategy for the control of cancer. WHO works with Member States to strengthen national policies and programmes to raise awareness and, reduce exposure to cancer risk factors, and also ensure that people are provided with the information and support they need to adopt healthy lifestyles.

To strengthen national efforts to address the burden of cancer and other noncommunicable diseases (NCDs), the WHO Global Action Plan for the Prevention and Control of NCDs 2013–2020 provides a road map to reduce premature mortality from NCDs by 2025 through targeting many of the risk factors below:

Tobacco

Tobacco smoke has more than 7000 chemicals, at least 250 are known to be harmful and at least 69 are known to cause cancer. Worldwide, tobacco use is the single greatest avoidable risk factor for cancer mortality and kills more than 8 million people each year, from cancer and other diseases. Nearly 80% of the 1.1 billion smokers in the world live in low- and middle-income countries.

Alcohol

Alcohol, as classified by the International Agency for Research on Cancer, is a toxic, psychoactive, and dependence-producing substance and a Group 1 carcinogen that is causally linked to 7 types of cancer, including oesophagus, liver, colorectal, and breast cancers. Alcohol consumption is associated with 740 000 new cancer cases each year. Globally, 1 in 20 breast cancers is attributed to alcohol consumption.

In the EU, light to moderate alcohol consumption was associated with almost 23 000 new cancer cases in 2017, accounting for 13.3% of all alcohol-attributable cancers and for 2.3% of all cases of the 7 alcohol-related cancer types. Almost half of these cancers (approximately 11 000 cases) were female breast cancers. Also, more than a third of the cancer cases attributed to light to moderate drinking (approximately 8500 cases) were associated with a light drinking level.

Physical inactivity, dietary factors, obesity and being overweight

Overweight and obesity are linked to many types of cancer such as oesophagus, colorectal, breast, endometrial and kidney. Regular physical activity, and maintaining a healthy body weight, and a healthy diet can risk. Excess body mass was responsible for 3.4% of cancers in 2012, including 110 000 cases of breast cancer per year.

Infections

Cancer causing infections, such as hepatitis and human papilloma virus (HPV), are responsible for up to 25% of cancer cases in low- and middle-income countries. Vaccines are available for hepatitis B virus and some types of HPV, and can reduce the risk of liver and cervical cancers, respectively.

Environmental pollution

It has been estimated that outdoor air pollution contributed to 4.2 million premature deaths worldwide in 2016, of which 6% were lung cancer deaths. Additionally, close to 4 million people die prematurely from illness attributable to the household air pollution from cooking with solid fuels and kerosene.

Occupational carcinogens

It is well documented that occupational carcinogens are causally related to lung cancer, mesothelioma, and bladder cancer. For example, mesothelioma (cancer of the outer lining of the lung or chest cavity) is to a large extent caused by work-related exposure to asbestos.



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February National Cancer Prevention Month

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Radiation

Exposure to all types of ionizing radiation increases the risk of various types of malignancy including leukaemia and a number of solid tumours. Risks increase when the exposure occurs at a young age and also when the exposure amount is higher. Ultraviolet (UV) radiation, and in particular solar radiation, is carcinogenic to humans, causing all major types of skin cancer, such as basal cell carcinoma (BCC), squamous cell carcinoma (SCC) and melanoma. Avoiding excessive exposure, and using sunscreen and protective clothing are effective preventive measures. UV-emitting tanning devices are now also classified as carcinogenic to humans based on their association with skin and ocular melanoma cancers.



MARCH IS SAVE YOUR VISION MONTH

Schedule with our optometry department to have your regular vision check.

Contact Us 918.287.9300



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MARCH IS NATIONAL SAVE YOUR VISION MONTH

PATIENT NOTICE

The Osage Nation Health System (ONHS) is in the process of transitioning to a new electronic health record (EHR), so please be advised the ONHS will need to update all of your registration documents in our new EHR system. The go-live date for the EHR conversion is to be determined, but ONHS wants to ensure you have advance notice of the required registration documents that will be requested when that time comes.

Please see the list below:

Adult Registration Required Documents:

- Tribal Membership and/or CDIB card
- Current driver's license
- All insurance cards (medical, dental, optometry, and pharmacy)

Minor Registration Required Documents:

- Tribal Membership and/or CDIB card of minor
- Current driver's license (of parent/legal guardian)
- Birth certificate
- All insurance cards (medical, dental, optometry, and pharmacy)

Thank You

Osage Nation Health System
Registration Department

Winter Storm Planning Timeline

A few days out

If the forecast calls for winter weather, start preparing now.

- Have emergency supplies for your home & car
- Check your smoke and carbon monoxide detectors
- Replenish fuel for your car and heating sources

The day before

Forecast accuracy continues to improve, so keep checking the latest.

- Adjust plans
- Have multiple ways to receive Warnings
- Bring pets indoors and ensure they have water

During & After

Remain vigilant and stay informed. Drive only if necessary.

- Check on neighbors and family
- Properly ventilate emergency heat sources
- Keep generators at least 20 feet from your home
- Take it easy when shoveling



Cold Impacts: Vulnerable Populations



NEWBORNS

Newborns are extra sensitive to cold. They lose body heat more easily than adults and can't make enough body heat by shivering.



ELDERLY

Older adults often make less body heat because of a slower metabolism and less physical activity, making them more susceptible to the cold.



CHRONIC ILLNESS

People with certain chronic medical conditions are at a higher risk for cold-related illnesses.



OUTDOOR WORKERS

Outdoor workers such as farmers, construction workers, and utility personnel face higher risks of exposure to cold.



UNHOUSED

People without adequate clothing and/or shelter are at an increased risk of cold-related illnesses.

Sources: CDC, EPA



FOLLOW US ON SOCIAL MEDIA

www.facebook.com



For the latest updates on Health System winter closures, happenings, and announcements, follow the "Osage Nation Health System" on Facebook. Scan this code for our facebook:

Health Observances for February and March

February:

- American Heart Health Month
- National Cancer Prevention Month
- National Children's Dental Health Month
- Low Vision Awareness Month

February:

- Bleeding Disorders Awareness Month
- National Colorectal Cancer Awareness Month
- National Kidney Month
- National Nutrition Month
- National Traumatic Brain Injury Awareness Month
- Save Your Vision Month
- Myeloma Action Month

Flu and COVID19 cases are on the rise.

REMEMBER TO SCHEDULE YOUR NEXT VISIT!

It is important to stay current with your child's vaccinations for best protection against disease.

Please call our clinic to make visit to update vaccinations 918.287.9300.



OSAGE NATION HEALTH SYSTEM
PREVENTION PROGRAM




FEBRUARY ANNOUNCEMENT PROJECT PRAIRIE TO PLATE

The Osage Nation Elder Nutrition Program is happy to announce the dates for December. ****PLEASE READ AS THERE ARE CHANGES****

- Elders who reside in Osage County are eligible for ticket sign-up every other month. This means if you received a box in January, you will be eligible for another box in March 2025. This is an effort to maximize the number of Elders that can benefit from the program.
- Additionally, you must bring your CDIB/Tribal Membership Card each time you sign up.
- Employees from the Osage Nation and Health System will no longer line up for ticket sign-up. The program will rotate departments in an effort to give more people a chance to benefit. The program will contact Department Directors when they are being assisted.
- Ticket sign-up will be on Wednesday, February 24th, 2025, at the Pawhuska Elder Nutrition / Title VI site beginning at 1:30 pm. Please note the Elder Nutrition site and parking lot will be closed. Those attempting to line the street will be asked to return before 1:15 pm. This will be enforced for safety reasons.
- After signing and receiving your ticket, you will return the following week to collect your food box. This will be a drive-thru curbside collection. Distribution will begin on Thursday, February 27th, from 1:30-3:00 p.m.
- You must present your ticket to collect the food box. Only one ticket per household is allowed, and a person may only sign up for themselves.



Chair Exercise Classes



Every Tuesday and Thursday
10:30 a.m. - 11:00 a.m.

When: Classes begin September 10th and 12th
Where: Pawhuska Elder Nutrition / Title VI Site
350 Senior Circle, Pawhuska, OK

Questions, please contact Elder Nutrition
at 539.212.2510 or email Amy Dobbins,
adobbins@osagehealth.org

Flu Season is Here; Flu Facts and Prevention

Stay Healthy This Flu Season!

Flu season is here, but protecting yourself and your loved ones is simple. By taking a few key steps, you can ensure a healthier fall and winter. Make the flu shot your new seasonal tradition!

Top Flu Prevention Tips

- **Get Vaccinated:** Your best defense against the flu.
- **Wash Hands Often:** Use soap and water for at least 20 seconds.
- **Cover Coughs and Sneezes:** Use your elbow or a tissue.
- **Stay Home When Sick:** Prevent spreading illness to others.
- **Avoid Touching Your Face:** Keep germs from entering your body.
- **Disinfect Surfaces:** Clean high-touch areas frequently.

Why Get Vaccinated?


The flu shot is a safe, effective, and affordable way to protect yourself and those around you. Everyone 6 months and older should get vaccinated. This is especially important for elders, pregnant women, infants, and those with underlying conditions who are most at risk.

It's Not Too Late!

Flu season lasts until March, so there's still time to get vaccinated. Protect yourself and avoid unnecessary doctor visits. Schedule Your Flu Shot Call 918.287.9300 today to schedule your flu shot. Let's stay healthy and flu-free this season!


Debunking FLU MYTHS

Flu Myth:
Getting the flu is not a big deal.




Flu Fact:
The flu can result in serious illness and even death. Some high-risk groups include seniors and infants.

Flu Myth:
The flu vaccine will give you the flu.




Flu Fact:
Flu vaccines cannot give you the flu. Instead, they use an "inactive virus" that helps your immune system fight potential infections.

Flu Myth:
The flu is the same thing as a cold.



Flu Fact:
The flu and the cold can have similar symptoms. Contact your family doctor if you have any flu symptoms for further testing and treatment.

Flu Myth:
You don't need a flu vaccine if you're healthy.



Flu Fact:
The CDC recommends that all eligible individuals six months and older get a flu vaccine every year.

MARCH IS SAVE YOUR VISION MONTH

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JOIN THE CONVERSATION!

Learn about Osage Health Watch's mission to empower listeners with valuable information, resources, and inspiring stories—promoting health advocacy and positive change within Indigenous communities.





SCAN ME

Follow OHW on Facebook, Instagram, X, Spotify, and YouTube to stay connected and informed!

January Employee Recognition Awards



Dominic Thomas, ONHS
Procurement, Employee of the
Month



Dr. Melissa McIntosh, ONHS
Provider
Special Leadership Award



James Allison, ONHS
Facilities
Unsung Hero Award



January Employee Birthday
Recognitions



January Employee Work
Anniversaries

PLEASE NOTE: Upcoming events can be found at Osagehealth.org/upcoming-events/

IMPORTANT NUMBERS

Wahzhazhe Health Center
918.287.9300

Title VI 539.212.2510
Prevention 539.212.2521
ONHS Security 539.212.2559

Family Violence Prevention (FVP)
539.212.2506
FVP 24/7 Crisis Hotline
866.897.4747

24/7 Suicide Crisis Lifeline:
988

ONHS Counseling Center
M-F 8a-4:30p
539.212.2499

988 SUICIDE & CRISIS
LIFELINE