

Avoiding Cavities

Submitted by Dr. Brandon LaDoux

After finishing last month's Halloween Candy you may be wondering how your teeth are doing!

No one wants to spend extra time at the Dentist's office. The great news is that with good home hygiene and smart food choices you can make your visits to the Dentist nice and short. Here are some tips to avoid cavities and keep your mouth healthy.



the teeth. If you're not flossing, plaque and food sticks between your teeth and stays there. Not only will cavities begin to form but this plaque is also a cause of bad breath.

- 1) Brush your teeth twice a day with toothpaste that has fluoride. Make sure to brush every surface of your teeth. Run your tongue around your mouth and make sure everything feels smooth. Brush especially well before going to bed.
- 2) Foods high in sugar and/or acid have the greatest potential to produce cavities. It takes your mouth about 20 minutes to recover after a sugary snack. Limit the number of high sugar snacks during the day and try rinsing your mouth with water if you can't brush.
- 3) Floss! Cavities often start between

- 4) See your Dentist! Your dentist can provide preventative services like dental sealants and fluoride varnish to help prevent cavities.

The dental team wants the Skokomish Dental Clinic to be a welcoming place where we can help you have the healthiest mouth possible. Please make an appointment to come see us! For Dental Appointments call: 360-426-5755 or stop by the Skokomish Health Center.



Do You Need to Get Your Dog or Cat Fixed?

\$5 Pet Spay/Neuter

For Skokomish Tribal Members and all residents of the Skokomish Reservation

Step 1

Call (253) 370-6392 to request a voucher. If no answer, please leave a message with your name and contact number. The voucher will be faxed directly to your veterinarian of choice.

Step 2

Call the veterinary clinic to schedule an appointment. Two local clinics you can use are:

Shelton Veterinary Hospital
104 East J Street
Shelton, WA 98584
(360) 426-2616

Steamboat Animal Hospital
6531 Sexton Drive NW
Olympia, WA 98502
(360) 866-6101

Step 3

Take your pet to the veterinary clinic on the day of its scheduled appointment. Bring \$5 with you, which is your co-pay. Tell the veterinary staff there is a voucher there for you to cover the cost of the spay/neuter procedure.

This service provided by Rez Animal Resources & Education.
A small non-profit helping animals on the Chehalis, Nisqually, Skokomish, Squaxin Island and Shoalwater Bay Indian Reservations.
Contact us at (253) 370-6392



Skokomish Culture Committee

2012 Winter Bazaar

When: December 8th 2012 (9:00 AM-3:00 PM)

Where: Skokomish Tribal Center 80 N Tribal Center Road 98584

To reserve a vendor table call Kris or Winona 360-426-4232

Smoked Clams & Oysters,
Native Art & Jewelry,
Christmas Crafts,
Home Baked Goods & Much More!!!
Don't Miss Out..



Culture Committee will be selling: Raffle Tickets
Chowder & Fry Bread
Hoodies, Back Packs and more



DIABETIC CLINIC

Dr. Behr-Foot doctor
11/08/12 8 a.m.-12 p.m.
~Scheduled appt. needed~

Dr. Grimes-Optometrist
11/09/12 8 a.m. -12 p.m.
~Scheduled appt. needed~

Questions call LuAnne (360) 426-5755

