



MARCH 2010

Community Information

Flagstaff Clinic Set To Open

The Sacred Peaks Health Center (SPHC) is scheduled to open this month. The health center will serve beneficiaries in the Flagstaff area along with the Native student population at Northern Arizona University and NAU Native families.

Several months in the planning and preparation, the center is located in the Park Santa Fe Shopping Center in east Flagstaff on East Route 66. The closest entry is the shopping center entrance next to Taco Bell.

With an initial staff of 20 health professionals and care providers SPHC will offer:

- Family medicine
- Internal medicine
- Pharmacy services
- Basic radiology
- Physical therapy
- Case management
- Laboratory services

The Flagstaff location will save many beneficiaries the long drive to Tuba City for the listed services. The clinic will have 12 exam rooms and a procedure room. A comfortable waiting room is also included in the floor plan.

Appointments are being taken now at a local Flastaff telephone number: (928) 863-7333.

Hours will be Monday through Friday from 8:00 a.m. to 5:00 p.m.

Continued on page 3

In This Issue:

Flagstaff Clinic to Open:
– Page 1

National Developmental
Disability Awareness
Month – Page 1

One Mother's Story:
Developmental Disability
– Page 2

TC runners Participate in
Marathon – Page 3

TCRHCC Clinics and
Schedules – Page 4

HIV/AIDS Education
– Page 4

March is Developmental Disability Awareness Month

TCRHCC Services & Community Resources

Developmental disabilities are a diverse group of severe chronic conditions that are due to mental and/or physical impairments. People with developmental disabilities have problems with life activities such as language, mobility, learning, self-help, and independent living. Developmental disabilities begin anytime during development up to 22 years of age and usually last for life.

People with disabilities can live healthy, independent lives. Tuba City Regional Health Care Center diagnoses and screens of individuals with developmental disabilities, generally at a very young age in the Pediatrics Department.

What is developmental screening?

Developmental screening is a procedure designed to identify children who should receive more intensive assessment or diagnosis, for potential developmental delays. It can allow for earlier detection of delays and improve health and well-being for identified children.

Why is developmental screening important?

Many children with behavioral or developmental disabilities are identified at a young age.

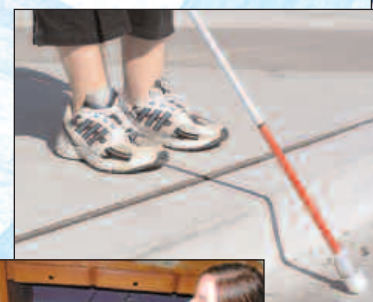
In the United States, 17% of children have a developmental or behavioral disability such as autism, intellectual disabilities, and Attention-Deficit/Hyperactivity Disorder (ADHD). In addition, many children have delays in language or other disabilities which impact school readiness. However, less than 50% of these children are identified as having a problem before starting school, by which time significant delays may have already occurred and opportunities for treatment have been missed. Early identification and intervention for children with disabilities is very important.

Who provides screening services?

Developmental screening can be done by various professionals in healthcare, community, or school settings. The role of health professionals has become particularly important, because of a greater emphasis placed on early identification of children with delays. Through well-child visits, health professionals have regular contact with children 0 to 3 years-of-age, allowing them an opportunity to monitor development through periodic check-ups. This has led healthcare professional organizations, such as the American Academy of Pediatrics (AAP) and the American Academy of Neurology, to recommend that all infants and young children be periodically screened for developmental delays.

Today, a number of good screening tools are available designed for a variety of settings, ages, and purposes.

Intellectual disability is the most common developmental disorder. To learn just how common it is, in the 1990s the U.S. Centers for Disease Control (CDC) tracked the number of children with intellectual disability in a five-county area in metropolitan Atlanta, Georgia. This activity was part of the Metropolitan Atlanta Developmental Disabilities Surveillance Program (MADDSP). For the purposes of tracking, MADDSP defined intellectual disabilities in 8-year-old children by the presence of a score of 70 or below on a test of intellectual functioning. In 1996, an estimated 16 per 1,000 8-year-old



children in metro Atlanta, or about 1 in 63, had an intellectual disability. In 2000, the prevalence was an estimated 12 per 1,000, or 1 in 83, 8-year-olds. In 1996 and 2000, respectively, 29% and 35% of children with intellectual disabilities also had one or more other developmental disabilities tracked by MADDSP.

The CDC also studied how many children in metropolitan Atlanta had intellectual disability in the mid-1980s.

In the United States, 17% of children have a developmental or behavioral disability such as autism, intellectual disabilities, and Attention-Deficit/Hyperactivity Disorder (ADHD).

This project was done as part of the Metropolitan Atlanta Developmental Disabilities Study, which studied how common certain disabilities were in 10-year-old children. It was found that 12 of every 1,000 10-year-old children had intellectual disability. Mild intellectual disability was three times more common than severe intellectual disability. As in MADDSP, intellectual disability was more common in boys than girls.

In another study, CDC used data from the U.S. Department of Education and the Social Security Administration to find the number of people with intellectual disability in the United States in 1993. The study showed that about 1.5 million children and adults (ages 6-64 years) had intellectual disability.

Autism and Developmental Disabilities

The CDC's most recent data show that between one in 80 and one in 240 children with an average of one in 110, have an autism spectrum disorder (ASD). This is a prevalence of about one percent. These results reflect data collected by the CDC's Autism and Developmental Disabilities Monitoring (ADDM) Network in multiple communities

Continued on page 2.

Developmental Disability, *Continued from page 1.*

throughout the U.S. in 2006.

The data was based on health and education records from reporting communities, which included eight percent of the U.S. population of eight year olds. All children in the studies were eight years old because previous research has shown that most children with an ASD have been indentified by this age.

What causes intellectual disability?

Can it be prevented?

Intellectual disability can start anytime before a child reaches the age of 18 years. It can be caused by injury, disease, or a brain abnormality. These causes can happen before a child is born or during childhood. For many children, the cause of their intellectual disability is not known. Some of the most common known causes of intellectual disability are Down syndrome, fetal alcohol syndrome, and fragile X syndrome (a genetic syndrome causing disabilities ranging from severe to mild), all of which occur before birth. Other causes that take place before a child is born include genetic conditions, infections or birth defects that affect the brain. Head injury, stroke, or certain infections such as meningitis can cause intellectual disability.

Some causes can be prevented, such as fetal alcohol syndrome (FAS). A woman can prevent FAS by not drinking when she is pregnant.

TCRHCC Therapy Resources

Most developmental disabilities have no cure, but you can often treat the symptoms. Physical, speech and occupational therapy might help. Special education classes and psychological counseling can also help.

Occupational therapy — a treatment that focuses on helping people achieve independence in all areas of their lives, occupational therapy (OT) can offer people with various needs positive, fun activities to improve their cognitive, physical, and motor skills and also enhance their self-esteem and sense of accomplishment.

Some people may think that OT is only for adults; but a child's main job is playing and learning, and an OT professional can evaluate a child's skills for play, school performance, and activities of daily living.

Physical Therapy – Doctors often recommend physical therapy (PT) for children who have been injured or have movement problems from an illness, disease, or disability.

Physical therapists are often able to relieve pain and help kids resume daily activities. After an injury,

physical therapists teach kids exercises designed to help them regain strength and range of motion, and also show them how to prevent a recurring injury.

PT may be needed any time a child has difficulty moving in such a way that it limits daily activities.

Doctors may recommend PT for kids with:

- Developmental delays
- Genetic disorders
- Orthopedic disabilities
- Head injury
- Heart and lung conditions
- Effects of in-utero drug or alcohol exposure
- Cerebral palsy
- Birth defects
- Acute trauma
- Limb deficiencies
- muscle diseases

Speech-Language Therapy—Speech-language pathologists (SLPs), often informally known as speech therapists, are professionals educated in the study of human communication, its development, and its disorders. They hold at least a master's degree and state certification/licensure in the field, as well as a certificate of clinical competency from ASHA.

By assessing the speech, language, cognitive-communication, and swallowing skills of children and adults, speech-language pathologists can identify types of communication problems and the best way to treat them.

SLPs treat problems in the areas of articulation; dysfluency; oral-motor, speech, and voice; and receptive and expressive language disorders.

In speech-language therapy, an SLP will work with a child one-to-one, in a small group, or directly in a classroom to overcome difficulties involved with a specific disorder. Therapists use a variety of strategies, including: language intervention activities. In these exercises an SLP will interact with a child by playing and talking. The therapist may use pictures, books, objects, or ongoing events to stimulate language development. The therapist may also model correct pronunciation and use repetition exercises to build speech and language skills.

Articulation therapy. Articulation, or sound production exercises involve having the therapist model correct sounds and syllables for a child, often during play activities. The level of play is age-appropriate and related to the child's specific needs. The SLP will physically show the child how to make certain sounds, such as the "r" sound, and may demonstrate how to move the tongue to produce specific sounds.

Oral motor/feeding therapy. The SLP will use a variety of oral exercises, including facial massage and various tongue, lip, and jaw exercises, to strengthen the muscles of the mouth. The SLP may also work with food textures and temperatures to increase a child's oral awareness during eating and swallowing.

Other Community Resources

Two agencies in Tuba City that provide services for those with disabilities are the Diné Association and ASSIST! to Independence.

ASSIST! to Independence is housed right on the TCRHCC campus between the Tuba City Wellness Center and the Health Promotion/Disease Prevention building. One service provided by ASSIST! to Independence is transportation for dialysis patients three days per week, but services do not end there. With funding from the Navajo Nation and the State of Arizona, and the Federal government under the 704 grant, ASSIST! to Independence provides services all across the vast Navajo Reservation from the Tuba City area to Tohatchie, New Mexico, as well as other areas in the Four Corners and for the Hopi and San Juan Piate Tribe. ASSIST! gets referrals from many departments at TCRHCC and assists with walkers, special wheelchairs, scooters and lifts, home wheelchair ramps and bathroom modifications. A wheelchair loan program is available if no other resources exist.

The programs of ASSIST! to Independence emphasize a common goal of enhancing quality of life and community access through maximizing independence and improving functional skills.

ASSIST! to Independent long-time director, Michael Blatchford, passed away in November 2009.

ASSIST! for Independence: (928) 283-6261/6267

The **Diné Bii Association for Disabled Citizens** is a complex located on the south side of Highway 160, just southwest of Tuba City. The association provides services to individuals ranging from infancy to adulthood.

Community Residential Setting – the association operates residential homes in Tuba City, Kayenta and Piñon. Homes accommodate up to six residents. The residential homes are operated 24/7.

Day Programs for Adults – this service operates Monday through Friday for seven hours per day. There are currently 27 students in Tuba City and 15 in Kayenta. An activity schedule is enhanced with community outings to provide learning experiences for adults with developmental disabilities.

Services offered also include independent living skills and self help skills. Parents are urged to participate and are updated every six months with a progress report about their child.

The Diné Bii Association has been in operation for over 30 years and is a private, non-profit organization. Funding is through the Navajo and Hopi Tribes and the State of Arizona System

Diné Bii Association: (928) 283-3060

ONE MOTHER'S STORY

A daughter's path to independent living

Linda Honahni said she went to pieces in the parking lot after her 6-week-old daughter Janel was diagnosed with Down syndrome by a doctor at what was then Tuba City Indian Medical Center (TCIMC). Thirty years later she says her daughter's disability brought the family together, and taught mom, dad and six siblings about how to love and learn together.

Linda Honahni is a 20-year retiree from what is now TCRHCC, having worked in the CEO's office. Janel received routine care at the hospital, such as for repeated ear infections. Linda said that taking care of Janel took a lot of care and commitment, and her husband and the entire family was involved. Janel's sister, just a year younger, was especially close and practically treated Janel as her twin.

Linda expressed that they were lucky to have an early intervention program at the Tuba City Public Schools. Janel had also attended two years of Head Start at the Hopi Schools before entering primary school.

One teacher took a special interest in Janel and she was able to learn some of her ABCs and do some counting, and even a little bit of reading. But progress was forward and back even though her experience was inclusive in regular classrooms. Janel's overall prognosis was termed "moderately developed."

Janel did graduate from Tuba City High School in 1999. Linda had been shopping around to find a pro-

gram that she liked for Janel. On a chance visit to Page she learned of the Helping Hands Agency where Janel moved when she was 21. She will be 30 in June and she still lives at Helping Hands.

The family is very happy with Helping Hands where there are usually 30 - 35 residents at a time. The mission at Helping Hands is "to build a stronger tomorrow, by strengthening and connecting people, ideas, and resources, for a stronger community." The agency strives to support the individuals they serve as they learn and grow in all aspects of life. Helping Hands understands the challenges involved in caring for loved ones with disabilities. They offer a variety of programs and services to meet the needs of those with disabilities and their families.

Today, Janel is a very giving and loving person. She takes care of all of her own personal hygiene, much of it taught over the years by Linda and the family. She insists on making her bed first thing every morning. She sings in the choir and has been in two plays – *The Wizard of Oz*, and *Grease*. She loves art and has even sold some of her artwork. Janel works at the Page Airport two days per week which she enjoys very much and is devoted to arts and crafts.

Linda expressed, "Janel has really flourished at Helping Hands. She's very organized. I can't say enough about the agency. She likes to make things



By Janel Honahni

using her arts and crafts skills, and then routinely gives them away to people who visit her."

Janel is very close to all of her six siblings and 12 nieces and nephews, and is very good with the children. She does also cherish her time alone and enjoys movies and the Jonas Brothers.

"It was by no means easy," said Linda. "We have tried to make Janel's life as good as possible."

HEALTH PROMOTION / DISEASE PREVENTION

Honoring the Gift of Heart Health
Spring 2010

Do you or a family member have one or more of the following risk factors?

- ✓ High blood pressure
- ✓ High cholesterol levels
- ✓ Diabetes
- ✓ Smoke on a daily basis
- ✓ Overweight
- ✓ Not physically active
- ✓ Stressed
- ✓ Family history of Heart Disease

If "Yes" to any of the above, come join our FREE program and learn the skills to help you reduce your risk or prevent the complications of Heart Disease.

Sessions are OPEN to the public!
Classes begin March 22, 2010
Sessions held every Monday
HPDP Classroom
6:00pm to 8:00pm

Sponsored by the
Tuba City Health Promotion Program
For more information, call
(928) 283-2404/2185



“Prevention Begins with Me” – National (SDPI) Diabetes Prevention Demonstration Project

Tuba City Regional Health Care Corporation

Diabetes Prevention Program – Diabetes Treatment and Prevention Services Department

Congratulations Susie Riggs, Lavena Tsingine, Harley Tsingine, Leslie Burbank, Bobby Kewanwyma, Deana Benally, Mary Worker, and Minnie Tsingine!

For this group of individuals in Tuba City, the phrase “Prevention Begins With Me” took on a whole new meaning. Perseverance, commitment, dedication, and desire are what motivated these individuals to get through 13.1 miles of pavement. On January 17, 2010, they and 30,000 other runners from across the country migrated to the 9th Annual PF Chang’s Half Marathon and Marathon; needless to say, Tuba City was uniquely represented.



The Tuba City Diabetes Prevention Program provided the opportunity for eight individuals to reach a milestone in their lives by participating in the largest racing event in Arizona. The PF Chang’s Half Marathon and Marathon featured runners and walkers of all ages and different levels of fitness from beginners to professional athletes.

The Tuba City Diabetes Prevention Program is focused on helping individuals in the community prevent or delay the onset of diabetes. DPP encourages its participants to learn and make healthy lifestyle choices, jump start physical activity and maintain their healthy ways for life. For these individuals learning the power of choice, self-discipline, and creating new experiences opened the door for bigger opportunities by establishing higher goals.

“This year my PF Chang Half Marathon experience was like no other. Having set a personal goal of running the 13.1 miles was a huge accomplishment for me,” stated Leslie Burbank. “I’m not an avid long distance runner, but watching the PF Chang Full Marathon runners cross the finish line and seeing their expression and witnessing their accomplishment has changed my mind. I now have set a new goal of running a Full Marathon within the next 5 years; that’s 26.2 miles,” she said.

“The group began early Sunday morning runs to prepare for this event. Some mornings it was cloudy, raining, and very cold. One morning they started from the dinosaur track turnoff and up through Moenavi road and straight to the front of the HPDP modular building, totaling 9.5 miles. The participants’ dedication and motivation to reach their personal health and wellness goals is what makes each of our staff very proud and honored to work with such an awesome group,” said Evelina Y. Maho, DP Project Coordinator. “Here with DPP, our staff continues to offer support and encourage many of our participants to continue to prevent and/or delay the onset of diabetes. If we could help one person, the individual can impact their family and hopefully the entire community over time,” stated Maho.

Many participants learn about the lifestyle balance concept and how it provides and supports overall wellness for individuals. The program is designed and implemented to empower individuals to make healthy choices. DPP believes in the importance of educating, helping and creating the opportunity to build capacity with each participant. DPP hopes that participants will have a sense of responsibility in “self”, further affecting family, and community. The commitment to our community involves positive & innovative thought, planning, initiation, analyzing and creating a healthier and balanced harmonious life.

For more information on the Diabetes Prevention Program contact our program staff at (928) 283-1420 / 2404.

TUBA CITY REGIONAL HEALTH CARE CORPORATION

Foundation for Success: A Healthy Mind, Body, & Spirit

2010 School Health Conference

June 2-3
Greyhills Academy
High School
Tuba City, AZ



TCRHCC Diabetes Treatment & Prevention Services
Tuba City Health Promotion
(928) 283-1420

Watch for More Information in the April Issue of Healthy Directions

Day 1: Who Should Attend: Government, State, County, and Tribal Agencies, Health Promotion Specialists, School Health Coordinators, School Wellness Coordinators, Physical Activity Specialists, Wellness Center Staff, Health Educators, Fitness Specialists, & Prevention Specialists.

Day 2: Who Should Attend: School Administrators, Board Members, Teachers, Nutrition Staff, Parents, School Wellness Coordinators, Health Educators, School Health Coordinators, & Nurses.

Flagstaff Clinic to Open, Continued from page 1.

The initial health care providers at SPHC will include:

- Dr. Paul Fader (Family medicine)
- Dr. Warren Perkins (Family medicine)
- Dr. Anna Guzman (Family medicine)
- Dr. Laurie Brighton (Internal medicine)
- Dr. Dr. Peter Kim (Internal medicine)

Cynthia Adson, RN, BSN said, “There are 4000-5000 Native beneficiaries in Flagstaff and the nearby area, plus the Native American population at NAU representing many tribes.”


The availability of pharmacy services will also help beneficiaries avoid the long drive to Tuba City.



The new Flagstaff Sacred Peaks Health Center is located in the Park Santa Fe Shopping Center at 3480 E. Route 66. A Grand Opening including a blessing ceremony will be held soon as well. Watch for more information in the Flagstaff media and on the NAU campus. The appointment telephone number is local in Flagstaff (928) 863-7333 and appointments are being taken now.

Sacred Peaks Health Center (SPHC) Flagstaff

Watch for Grand Opening Details.



Appointments –
Local Flagstaff number:
(928) 863-7333



TUBA CITY REGIONAL HEALTH CARE CORPORATION
 Main Telephone Switchboard (928) 283-2501
Emergencies: Call Navajo Nation Police (928) 283-3111

Adult Walk-In Clinic 283-2669
 • Sign In: Monday - Friday: 7:00 a.m. - 4:00 p.m.
 (After hours go to Emergency Room)

Family Medicine Clinic 283-2458
 • Monday - Friday: 8:00 a.m. - 5:00 p.m.
 (Some evening hours available.)

Pediatric Clinic 283-2679
 • **Walk-in Patients**
 Monday - Thursday: 8:00 a.m. - 5:00 p.m.
 Friday: 8:00 a.m. - 4:00 p.m.
 • **Appointments:**
 Monday - Wednesday & Friday: 8:00 a.m. - 5:00 p.m.
 Thursday: 8:00 a.m. - 12:00 p.m.

Outpatient Pharmacy 283-2754
 • Monday - Thursday: 8:00 a.m. - 9:00 p.m.
 Friday: 8:00 a.m. - 7:00 p.m.
 • **24-Hour Pharmacy refill line: 1-866-976-5941**
Refill Pharmacy is open seven days a week from
8:00 a.m. to 7:00 p.m.
 Prescriptions ready for pick-up with no waiting
 time for customers who call in 24 hours in advance.

Dental Clinic Tuba City: 283-2672
Cameron: 213-8161
 • **Tuba City**
 Monday - Friday: 7:00 a.m. - 5:00 p.m.
 (Thursday afternoons - urgent care only)
 • **Cameron**
 Tuesday, Wednesday & Thursday:
 7:30 a.m. - 5:30 p.m.

Diabetes/Internal Medicine 283-2689
 • Monday - Friday: 8:00 a.m. - 5:00 p.m.
 (Some evening hours available by appointment only.)

Diabetes Education Program 283-2895
 • **Appointments and walk-ins**
 Monday - Friday: 8:00 a.m. - 5:00 p.m.
 - Abdul Baco: 283-2895 - Ruby Whitethorne: 283-2963
 - Health Technicians: 283-2693

Ear/Nose Throat (ENT) Clinic 283-2974
 • Monday - Wednesdays: 8:30 a.m. - 5:00 p.m.
 (By referral only)

Environmental Health 283-2844
 • **Car Seat Day**
 Every Thursday: 10:00 a.m. - 3:00 p.m.

Eye Clinic 283-2748
 • Monday - Friday: 7:00 a.m. - 5:00 p.m.

HP/DP
 • Health Promotion Program 283-1429/1420
 • Diabetes Prevention Program 283-1429/1420

Mental Health 283-2831
 • Monday - Friday: 7:00 a.m. - 6:00 p.m.

OB/Gyn Clinic (Women's Health) 283-2460
 • Monday - Friday: 8:00 a.m. - 5:00 p.m.,
 except Tuesday start at 9:30 a.m.

Occupational Therapy/ Speech Therapy 283-2593/2594
 • Monday - Friday: 8:00 a.m. - 5:00 p.m.

Orthopedic Clinic/Surgical 283-2660
Orthopedic Clinic
 • Tuesday: 8:00 a.m. - 5:00 p.m.,
 Thursday: 8:00 a.m. - 12:00 noon
Urology, Podiatry & Surgery
 • Monday - Friday: 8:00 a.m. - 5:00 p.m.
 (Call for specific clinic times)

Physical Therapy 283-2659
 • Monday - Wednesday & Friday: 8:00 a.m. - 5:00 p.m.,
 Thursday: 8:00 a.m. - 12:00 noon

Respiratory Therapy 283-2596/2572
 • Everyday 24 hours a day

Cardiac Rehabilitation 283-2960
 • Monday, Wednesday, Friday: 8:00 a.m. - 12:00 noon

Extended Hours (Evening Clinics)
 Selected nights, Monday - Thursday
 • Diabetes Prevention: 283-2689
 • Diabetes/Internal Medicine: 283-2689

Urgent Care Clinic
 • Monday - Friday: 4:00 p.m. - 12:00 midnight
 • For patients in need of medical care after normal,
 daily Walk-in hours. Go to the Emergency
 Department to be screened and registered – shorter
 waiting times for less severe, non-life threatening
 medical needs. No appointment necessary.

Family Wellness Center 283-3058
 Monday - Friday: 6:00 a.m. - 9:00 p.m.
 Saturday: 7:00 a.m. - 3:00 p.m. Sunday: Closed
 Closed national and tribal holidays.

CONTRACT HEALTH SERVICES (CHS)
Toll-Free Telephone: 1-866-944-7601
 Call the TCRHCC Contract Health Office before you seek non-emergency
 services or appointments at any medical facility or with any
 medical provider other than TCRHCC. You are not automatically
 covered for payment with Contract Health Funds!
 In the event of emergency medical care (severe or life-threatening) away from
 TCRHCC or any other IQS/638 facility you have 72 hours to call and notify
 Contract Health to begin the process to qualify for payment.
Failure to follow CHS procedures may mean you are fully responsible for all charges.

The Tuba City Regional Health Care Corporation consists of a 73-bed acute care referral hospital and integrated health system. It provides a broad range of outpatient specialized care services in addition to inpatient care. The patient population includes Navajo, Hopi and San Juan Southern Paiute.


HIV/AIDS Education

HIV is a virus that can harm the body's ability to fight infection, and leads to a serious illness called AIDS (Acquired Immune Deficiency Syndrome).

Anyone can get AIDS, no matter if you're young, old, male or female, gay or straight. There is no cure or vaccine for HIV or AIDS!
 AIDS is mainly spread by:

- having sex (vaginal, anal or oral) with someone who has HIV.
- sharing a needle or syringe with someone who has HIV.

It is also possible to get infected by sharing a needle for tattooing or piercing with a person who has HIV. High risk behaviors also include having sex with many partners and having sex without a condom.




You cannot get AIDS by being in the same room or touching someone with AIDS, sharing dinner plates, drinking fountains, toilets or swimming pools, coughing and sneezing, donating blood, or caring for someone with AIDS.

There have been no reported cases of AIDS caused by tears, saliva, urine, or mosquito bites.

Shirley Waterhouse, Health Educator with the Navajo Nation HIV Prevention Program gives presentations in Tuba City schools on AIDS prevention for grades 6 through 12. The presentations are altered to be age appropriate. She generally gives statistics for AIDS on the Navajo Reservation. According to Waterhouse, there have been 276 known cases of AIDS between 1987 and 2008 on the Navajo Reservation.

Waterhouse emphasizes the kinds of risky behavior that people choose when under the influence of alcohol or drugs. When using substances one's defenses and inhibitions are diminished. People may not say "no" or use a condom. And HIV/AIDS is not the only sexually transmitted disease (STD) that people may contract or have to deal with. But most others can be treated if detected, and are not deadly like AIDS.

If you have had unprotected sex or have shared syringes you should get tested! If you don't know you have the HIV virus you could spread the disease to others. **Becoming infected can take just one time of not using protection!**



Abstinence from sex not only protects against sexually transmitted diseases, it is the only sure way to prevent pregnancy.

- Many people have AIDS that are under age 25.
- Millions of young people have sexually transmitted diseases (not necessarily HIV/AIDS) right now!

Want to learn more about HIV and STDs?
 Contact:
National STD and AIDS Hotline: (800) 342-2437
Navajo Nation HIV Prevention Program:
(928) 283-2920/2811

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