

# HomeTown HEALTH

AUGUST 2018







# 5K COLOR RUN CBHA RUN FOR A CAUSE KIDS WITH SPECIAL NEEDS

On Saturday, September 29th, at 9 a.m., CBHA will host its inaugural 5K Run for a Cause at the Othello Clinic. The CBHA 5K Color Run: Run for a Cause is less about making record time -- and more about having the time of your life. It's a family-friendly event where runners, walkers, and wagons are all welcome.

The first annual CBHA Color Run is designed to raise awareness of childhood conditions that affect families here in the Columbia Basin. While we may not be able to eliminate these childhood conditions, we can certainly increase awareness, improve education, and support the families who deal with them every day.

Run for a Cause is also an educational celebration of health and movement, and our ability to enjoy community together. We invite everyone to participate on behalf of any of these causes, and in doing so, raise awareness of these conditions:

- Asthma
- Down Syndrome
- Autism
- Behavioral Health
- Diabetes
- Spinal Muscular Atrophy (SMA)

Each of these conditions is represented by a color, bringing them to life in real, vivid vitality. As a participant, wearing a white T-shirt, you'll be splashed in any one (or multiple) colors as you walk or run the 5K course, showing support for families affected by these childhood ailments.

While in-clinic and outreach programs help educate our patients, the Run for a Cause event provides a tangible experience that represents real issues facing real children in and around our community. Participants and observers alike will learn about and become more aware of specific childhood concerns.

Proceeds from the event, raised through registration fees and sponsorships, will be reinvested in the community in support of families affected by these chronic conditions. CBHA will use funds from Run for a Cause to help families of children with special needs by providing much-needed items or services, like wheelchairs, glucose monitors, and therapies. After identifying and filling the needs of at least three local families, remaining funds will be donated to the SMA Foundation. If donations allow, CBHA will grant trips or experiences to as many special needs families as proceeds allow.

This inaugural event is an opportunity to bring the people of our community together to enjoy good, wholesome fun with the race and post-race lawn games and snacks for the entire family. Each participant walks away with a sponsor-branded goodie bag and the satisfaction of contributing to a positive cause.

To register for Run for a Cause, go to [CBHA.org/Events](http://CBHA.org/Events) and find the events page. From there you can register for a family-friendly fee of \$10, which will include entrance to the run as well as a reusable bag with fun goodies inside. You can also come to the event on the day of the Run for a Cause for a fee of \$15.

We look forward to seeing you there!

# SEPTEMBER 29 9 AM • OTHELLO CLINIC



# CAUSES WE CARE ABOUT!

## ASTHMA

Asthma is the leading reason for school absenteeism, accounting for almost 14 million missed school days (according to the CDC).

Asthma is a chronic condition that causes inflammation of the airways. This narrowing results in a reduction of the volume of air carried from the nose and mouth to the lungs. Allergens or irritating elements entering the lungs trigger asthma symptoms, which include difficulty breathing, coughing, wheezing, and tightness in the chest. Asthma can be deadly.

**1 IN 12 CHILDREN ARE AFFECTED**

## BEHAVIORAL HEALTH

Behavioral health issues affect an increasing number of our children each year. Mood disorders, anxiety disorders, behavior or conduct disorders, anxiety disorders and learning disabilities all fall under the umbrella of behavioral health. 37% of students with a behavioral health condition age 14 and older drop out of school.

Children who struggle with behavioral health disorders are at higher risk for poor outcomes in school and in life. Identifying and supporting these at-risk children is paramount to their success, happiness, and future independence.

**1 IN 5 CHILDREN AGES 13-18 HAS A BEHAVIORAL HEALTH CONDITION**

## DOWN SYNDROME

Down syndrome most commonly occurs when additional genetic material alters the course of development and results in the characteristics associated with Down syndrome, which include developmental and cognitive delays and limitations, increased risk of congenital heart defects, respiratory and hearing problems, thyroid conditions and childhood leukemia.

Physical characteristics associated with Down syndrome include low muscle tone, small stature, upward slant to eyes, smaller than average ears, and a single deep crease in palm of hand.

**1 IN 700 BABIES IN THE US IS BORN WITH DOWN SYNDROME**

## CHILDHOOD DIABETES

Type 1 diabetes occurs when the pancreas is unable to produce insulin. It is usually diagnosed in childhood. Treatment involves lifelong use of insulin, careful blood sugar monitoring, and management of blood sugar levels.

Type 2 diabetes occurs when insulin is not working effectively, resulting in glucose accumulation in the bloodstream. Type 2 diabetes can often be treated with a change in diet, increase of exercise, and maintaining a healthy weight.

**IN 2017, 208,000 CHILDREN HAD A DIAGNOSIS OF EITHER TYPE 1 OR TYPE 2 DIABETES IN THE US**

## AUTISM

Autism is a complex neurobehavioral condition that includes impairments in social interaction and developmental language and communication skills combined with rigid, repetitive behaviors. Because of the range of symptoms, this condition is now called Autism Spectrum Disorder (ASD). It covers a large spectrum of symptoms, skills, and levels of impairment.

ASD ranges in severity from a minor disability that somewhat limits an otherwise normal life to a devastating disability that may require institutional care.

**1 IN 59 CHILDREN HAVE ASD AND IT AFFECTS 4 TIMES AS MANY BOYS AS GIRLS**

## SPINAL MUSCULAR ATROPHY

SMA belongs to a group of genetic degenerative diseases that cause weakness and deterioration of the voluntary muscles in the arms and legs of infants and children, affecting a child's ability to walk, stand, swallow, and breathe.

CBHA CEO Nieves Gomez and his wife Valerie lost their first child to SMA in 2013. Liam Gomez was six months old. Today, there are improvements in the treatment for SMA, although more research is needed to reduce its impact and mortality rate.

**#1 CAUSE OF GENETIC DEATH IN CHILDREN UNDER AGE 2**



# Othello Clinic

## What's Going On In Our Back Yard



You may have noticed some work being done on the campus of the Othello Clinic. You might have even wondered if we are expanding or preparing to build something new.

The answer is as simple as the Mission of CBHA. We're finding new ways to improve the CBHA Experience for our patients and

community. We're creating a tranquil, park-like setting where many activities can take place – walking the existing exercise trail, playing outdoor games, gathering as a community.

“We are even building two courts to play bocce ball -- and two for shuffle-board, which should be lots of fun,” said Project Management Director Doug Thompson. “We have a 100' x 40' tent with removable side-walls set up on a 100' by 60' concrete slab, which doubles as a patio area. This space can be used for outreach events, large presentations, and exercise classes, including Zumba and Yoga.”

The grass space will include a foot-golf course, as well as space for casual soccer, ultimate Frisbee, or Frisbee golf.

“We really just want to make CBHA a destination ... a place that our patients associate with not only health and wellness but community,” said Blake Barthelmess, Chief Operations Officer. “Participating in outdoor activities -- and spending time together with friends and family -- both contribute to good overall health. And providing these opportunities to improve the TotalYou and further the sense of community is an important part of our mission at CBHA.”





## WELCOME

# Dr. Nisha Sharoff, DDS, MS

## DENTIST

Dr. Nisha Sharoff actually went to dental school twice – once in India and again in the United States. She focuses on aesthetic dentistry, oro-facial pain, temporomandibular disorders (TMJ and TMD), and sleep dental medicine. Dr. Sharoff received her degree in Dental Surgery from Rajiv Gandhi University of Health Sciences in India.

She completed her Advanced Training at the UCLA School of Dentistry and completed her residency at the School of Dental Medicine at the University of Buffalo. She focused on TMD, orofacial pain and sleep dental medicine while earning a graduate degree in Oral Sciences.

In her free time, Dr. Sharoff enjoys sketching, cycling and soccer.

*"I want to give my patients the best care possible. CBHA makes that happen by providing a wonderful setting and state of the art equipment. CBHA also has a Cerec CAD/CAM machine that allows us the capability of providing permanent crowns to our patients the same day as their appointment. I am looking forward to help patients with all their dental needs, including any kind of jaw pain and sleep apnea, using simple oral appliance therapy."*



## WELCOME

# Sarah Stapelmann

## REGISTERED DIETICIAN

Originally from Syracuse, New York, Stapelmann began making her way west several years ago, stopping first in Wisconsin. While working in her first career as a forensic firearms examiner for the State of Wisconsin, she returned to college to pursue her dream of becoming a registered dietitian.

Sarah Stapelmann feels fortunate to combine her interest in science with her love of cooking to create the ideal career for herself. "I've always loved gardening, cooking, finding new recipes – and I've always enjoyed science, too," Stapelmann says. "Nutrition just wove all those together for me."

*"I can't wait to help patients become the best version of themselves. I really believe that food is medicine, and that we can use it to help treat many health conditions. And the variety of people I'll be seeing is really exciting for me – from pregnant or nursing moms to people needing help managing chronic conditions."*



# Brighten Your Smile

## Dental Health is Essential to Your Total Health

Ask any doctor or dentist and they'll tell you: a person's overall health and wellness is closely connected to their oral health. Poor care of your teeth and gums can result in gum disease, which can be a contributing factor to other health issues including heart disease, diabetes, respiratory disease, osteoporosis, and rheumatoid arthritis.

### THE MOUTH: A WINDOW TO HEALTH

It's been said that the eyes are the window to the soul. Likewise, recent research shows that the mouth may just be the window to the body. Why?

The mouth is basically the entryway to the rest of the body. Beyond the foods and beverages, we consume, there are millions of microscopic bacteria that enter our mouths every day. Overtime, these bacteria can build up to become plaque, which leads to cavities. Without regular brushing and flossing, these bacteria can also cause soreness of the mouth and gums.

Ongoing inflammation in the mouth can allow bacteria to enter the bloodstream, which can lead to additional inflammation in other parts of the body, like the heart.

According to one study at the University of North Carolina School of Dentistry, patients with gum disease were more than twice as likely as others to die from a heart attack and were three times as likely to have a stroke.

### GETTING AND KEEPING YOUR DENTAL CARE ON THE RIGHT PAGE

Fortunately for patients in the Columbia Basin, maintaining good oral health has never been easier, more convenient, or more accessible.

With the most advanced equipment and technology, the dental team at CBHA can perform procedures ranging from routine exams and fillings to dental surgery and same-day crowns with our new Cerec machine.



**I HAVE NOT COME ACROSS A DENTAL PROBLEM WE CAN'T TREAT. WE CAN DO JUST ABOUT EVERYTHING!**

DR. HAIDER KALHAN





Sonia Marquina



Lucas Garza



Dr. Janet Romero



Marisol Cardenas



Dr. Luis Miron



Selina Flores



Valerie Gomez



Kevin Zuniga

Dr. Haider Kalhan says, "So far since I've been here, I have not come across a dental problem we can't treat. We can do just about everything!" Dr. Kalhan joined the CBHA family of dental care providers earlier this spring.

The CBHA dental care team does "just about everything" in a state-of-the-art facility many providers can only imagine.

"I've been practicing dentistry since 1997, and CBHA has the best materials and the most top-notch facility I've ever seen," says Dr. Kalhan. "It's easily the best place I've ever practiced dentistry. Patient care is outstanding; quality of care is great. The equipment is top-of-the-line."

When you have pain in your mouth or can't eat, it can't wait. You need to be seen. As a dentist, orthodontist, and oral surgeon, Dr. Kalhan isn't intimidated by emergencies or the need for same-day care.

"We never turn away patients. Same-day appointments for emergencies are always accommodated. It's easier than ever to get them in, too, because we have more chairs to serve more patients. We also have a full staff of dentists, hygienists, and orthodontists."

### EFFICIENT AND HIGH-TECH SERVICE

CBHA continues to invest in equipment, staff, and process to deliver better care. With recent changes in equipment and workflow, Dr. Kalhan shared that he can now see up to 50% more patients in a day, which means more time for preventative check-ups and helping patients address dental health concerns.

Sometimes patient have cavities that are too large or threaten the health of the tooth. In these cases, a crown is needed to protect the tooth. New technology at CBHA now makes it possible to measure, map, and create these needed crowns onsite,

without traditional delays associated with ordering these from outside services.

"The crowns we are able to produce are made with the highest quality material. No metal or anything. It's done by a 3-D computer model (called a Cerec machine) after an image is taken. The software transfers the data to the milling machine and the crown is ready to place in about ten minutes," Dr. Kalhan says. "It's like a robot! Very useful equipment!"

### HEALTHIER, STRAIGHTER SMILES

In addition to traditional dentistry, the dental team at CBHA provides orthodontic treatment for patients whose teeth or bite require correction. While many people get braces for cosmetic reasons, like straighter teeth and an improved smile, orthodontic treatment is recommended for oral health when a patient's teeth are crowded, or if an underbite, overbite or incorrect jaw position is present. When these problems are left untreated, tooth decay, gum disease, earaches, and headaches often result. Speaking, biting, and difficulty chewing can also develop when overcrowding, bite misalignment, and jaw issues are not corrected.

CBHA has made investments in modern technologies and treatments to reduce the time that patients needing orthodontia must wear braces.

"We use the latest technology available with orthodontia as well," Dr. Kalhan reports. "We can reduce the length of time for treatment, too, by using self-ligated brackets for the braces. Just the wire and the elastic. This technique is available. One day we'd also like to add Invisalign to our services for orthodontia, but for now, we have excellent orthodontia treatment."

While the ideal time for placement of braces is between the ages of 10 and 14, because the head and mouth are still growing, and teeth are more amenable to straightening, patients with orthodontic problems can benefit from braces at any age. In fact, more adults than ever before are getting braces to correct bite issues and straighten teeth.

### PEDIATRIC DENTISTRY

While all CBHA dentists are capable of providing exceptional care to our youngest patients, we are pleased to have Dr. Love-ridge and Dr. Traficante on staff, pediatric dentists who specialize

in working with small teeth and making children comfortable.

Both of CBHA's pediatric dentists enjoy treating children and helping them get started with the excellent oral care that will last them a lifetime. They take the worry out of going to the dentist.

### ENDODONTICS

For patients whose smiles may require repair of a chipped tooth or endodontic treatment, CBHA is prepared to handle these conditions as well. Endodontic treatment includes root canals and other procedures in which the soft tissue of the tooth is involved.

### PREVENTIVE CARE

In addition to regular exams and cleanings at least twice a year, adults and children alike can benefit from fluoride treatments. Fluoride is a mineral found in some foods and water that helps protect teeth from tooth decay. Available in mouth washes and toothpaste as well, fluoride in more concentrated applications is helpful for additional protection.

It is especially important for infants and children between the ages of six months and 16 years to be exposed to fluoride, as it provides protection from plaque and bacteria while also strengthening developing teeth.

Sealants are another preventive measure that protect growing teeth and can be applied at CBHA. Sealants are a thin plastic coating a dentist paints on premolars or molars. This coating bonds into the grooves of the teeth and forms a protective barrier over the enamel of the tooth.

According to the American Dental Association, sealants can prevent up to 70 percent of cavities that occur in childhood.

### BETTER OVERALL HEALTH

When it comes to your teeth and oral health, there's no substitute for daily brushing and flossing, and twice-yearly trips to the dentist. And, it turns out, keeping your mouth as healthy as can be is one of the best things you can do for your body as a whole.



Grecel Avelar, whose sister Ruby Garcia is a Dental Assistant at CBHA, needed a crown. She was pleasantly surprised that instead of having to come back for another appointment, she could have her crown made with the Cerec machine while she waited. It could then be placed the same day. After the photos were taken, it took about twenty minutes to make the crown.

**“It took longer to take the pictures than to make the crown! And I got to watch it be made, which was really cool. You can't even tell it's there, because it matches my teeth so well. I'm so happy.”**

— Grecel Avelar







## OTHELLO CLINIC

1515 E Columbia St, Othello • 509.488.5256

### MEDICAL

Monday – Friday  
7 am – 7 pm

### DENTAL

Monday – Friday  
7 am – 6 pm

### EYE CARE

Monday - Thursday:  
8 am – 7 pm  
Friday: 8 am – 5 pm

### PHARMACY

Monday – Friday  
8 am – 7 pm



## CONNELL CLINIC

1051 S Columbia Ave, Connell • 509.234.0866

### MEDICAL

Monday – Friday  
9 am – 5 pm

### DENTAL

Monday – Friday  
7 am – 6 pm

### EYE CARE

Monday - Friday  
8 am – 5 pm

### PHARMACY

Monday – Friday  
9 am – 5 pm



## WAHLUKE CLINIC

601 Government Way, Mattawa • 509.932.3535

### MEDICAL

Monday – Friday  
9 am – 6 pm

### DENTAL

Monday – Friday  
7 am – 6 pm

### EYE CARE

Monday - Friday  
9 am – 5 pm

### PHARMACY

Monday – Friday  
10 am – 6 pm

# UPCOMING LOCAL EVENTS

## SEPTEMBER 6-8

Connell Fall Festival  
& Columbia Basin Junior  
Livestock Show

## SEPTEMBER 12 - 15

Adams County Fair  
Othello Demolition Derby (9/12)  
Othello PRCA Rodeo (9/14 & 9/15)

## SEPTEMBER 29

5K Color Run  
CBHA Run for the Cause:  
Kids with Special Needs  
9 AM • Othello Clinic

# Hometown HEALTH

BROUGHT TO YOU BY THE CBHA MARKETING TEAM

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**FAY COATS**  
Writer

## Connect With Us!



**CBHA.org**



## MANGO STRAWBERRY SHORTCAKES

### SHORTCAKES

- 2 cups flour
- ¼ cup sugar
- 1 tbsp each baking powder and lime zest
- ¼ cup plus 2 tbsp. cold unsalted butter, cut into chunks
- 1 cup evaporated skim milk

### TOPPING

- 1 lb strawberries
- ½ cup sugar, divided
- 1 firm-ripe large mango (about 18 oz.)
- 1 tsp lime juice (optional)
- ¾ cup evaporated skim milk
- Chopped mint leaves (optional)

1. Preheat oven to 350°. In a large bowl, using a mixer with the paddle attachment, mix flour, sugar, baking powder, and lime zest on low speed. Beat in butter on medium speed until mixture looks like cornmeal. Drizzle in milk and cream; mix just until incorporated, a few seconds.
  2. Line 2 baking sheets with parchment paper. Drop dough by generous 2-tbsp. portions onto sheets to make about 12 shortcakes. Bake until golden brown, about 25 minutes. Slide parchment with shortcakes onto racks and let cool until warm or completely cool.
  3. While shortcakes are baking, make toppings: Hull strawberries, slice thinly, and put in a large bowl. Mix gently with 1/4 cup sugar. Let sit until very juicy, 20 to 30 minutes. Pour half of berries into another bowl with about half of liquid and crush lightly with a fork or wooden spoon.
  4. Peel mango and cut fruit off pit. Slice fruit thinly, put in a bowl, and toss gently with 3 tbsp. sugar and, if fruit is bland, the lime juice.
  5. Whip cream with remaining 1 tbsp. sugar into soft peaks.
  6. To serve, slice tops off shortcakes and spoon crushed strawberries and a bit of the juices over bottom halves, followed by mangoes and some sliced strawberries. Set tops in place. Finish with a dollop of whipped cream, a strawberry slice or two, and a sprinkle of mint if you like.
- \* Make ahead: Shortcakes, cooled completely and stored airtight, up to 4 days (re crisp if needed in a 350° oven for 5 to 7 minutes).

**Sarah Stapelmann**  
CBHA Registered Dietitian



Check out our new video series "CBHA in the Kitchen" on our website at: [CBHA.org/Video-Center](http://CBHA.org/Video-Center)



# BACK TO SCHOOL

Getting kids ready to return to school involves more than scheduling a haircut and buying a new box of crayons. We want to be your partner in preparing for a successful return to school, so we've compiled a list of commonly forgotten Back-to-School "Musts" with some help from our providers. Use these tips for optimal health and success of your student.

"Your child's medical provider or pediatrician will know what immunizations or boosters your child needs. Boosters for some immunizations are due at about age 12 or 6th grade. Some schools will not enroll a child who isn't current on immunizations. Staying current with immunizations protects your child from serious illnesses and is important for public health as well."

— Jaeniffer Kaiser, ARNP  
Family Practice



"Routine well-child exams help us identify any developing issues early on, and make sure your child's growth is on track. Most insurance plans cover the cost of an annual well-child visit or physical exam, and many sports require a physical before participation is granted. Call us to schedule yours."

— Dr. Alaa Atfeh  
Family Practice



"Packing a school lunch your child will actually eat is no easy task. Improve the odds of your kids eating the entire lunch by getting them involved with the planning of school lunches. Go grocery shopping together and allow your children input (to an extent) on selections for lunches. Set up a school lunch prep station in your kitchen, so your child can assist with the daily or nightly assembly of lunch. Emphasize the importance of including all the food groups in their lunch, encouraging them to have the treat only after the essential food groups have been eaten."

— Gabriela Araico  
Nutritionist



"Your child's backpack should not weigh more than 20% of his/her body. If the backpack is more than 20% of your child's body weight, it's time to evaluate what really needs to be carried around every day, to prevent damage to growing spines and joints. Growing bodies shouldn't carry too much weight, including many books in a backpack. When in doubt, weigh the backpack."

— Dr. StantsPainter  
Family Medicine with  
Obstetrics





"If your child has a serious allergy (for example, peanuts) and requires treatment or medication like an epi-pen, inhaler, or Benadryl, the school nurse should be updated. The medication should be provided to the school and kept on hand, marked with your child's name and dosage information. Check the label to be sure your child's treatment and hasn't expired over the summer. An Epi-Pen can be life-saving, but it's important to replace it every year to ensure that it's effective."

— Kyle Hogaboam  
Pharmacist



"CBHA's Eye Care team recommends eye exams at ages 1, 3, and 5, and then annually through adulthood. Kids who can't see well don't perform nearly as well in class, and glasses quickly help address early reading and learning difficulties. An annual eye exam helps ensure that your child is ready for school seeing clearly all they need to learn."

— Dr. Jason Bleazard  
Optometrist



"The summer months are often a good time to schedule your child's twice yearly dental exam. You can avoid taking your child out of school while ensuring he or she can concentrate when returning to class, without the distraction of a toothache. Regular fluoride treatments are an important part of reducing cavities and gum disease. Establishing good oral habits early in life helps ensure good oral health as an adult. Seeing your dentist at least twice a year for cleanings and exams is an essential part of good oral health."

— Dr. Aleta Cheek  
Dentist



"If your child seems especially apprehensive about school starting again, and you sense it's not just about getting a new teacher or seeing the fun of summer end, try digging a little deeper. Could there be something (or someone) they'd like to avoid? Has your student been the target of bullies? More than 160,000 children stay home from school on any given school day, in attempt to avoid bullying. If your child has been bullied, a few simple strategies might help:

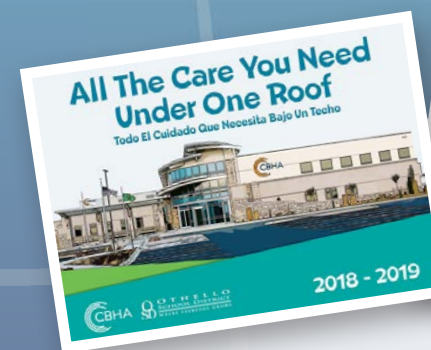
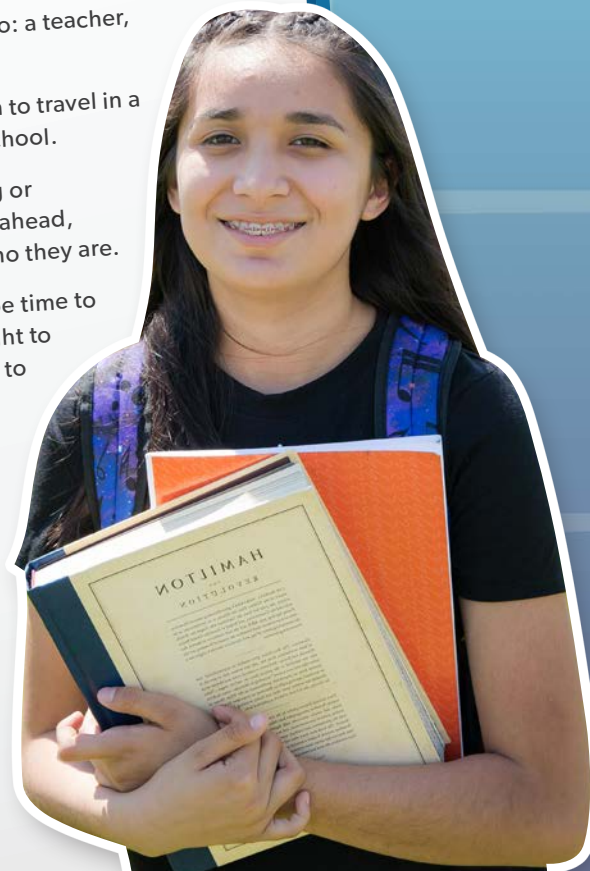
- Teach your child to identify adults at school whom they can turn to: a teacher, principal, or guidance counselor.
- Help your child identify who their true friends are and teach them to travel in a group if possible – at recess, at lunch, or on the way to and from school.
- Encourage confidence and strong body language, such as sitting or standing straight, with shoulders back, chin up, and eyes looking ahead, reminding your child they have every reason to be confident in who they are.

If the fear and anxiety about school persist due to bullying, it may be time to address the issue with school administration. Your student has a right to feel safe at school, and teachers and administration want everyone to feel comfortable and safe.

Children who've been adversely impacted by bullying might also benefit from counseling, especially if their self esteem has taken a hit. CBHA's mental health team can evaluate your child during a kid-friendly intake, and then make recommendations accordingly.

Left unaddressed, any kind of trauma, including bullying, can lead to other problems, like difficulty succeeding academically, social withdrawal, sleep issues, anxiety, and depression. Counseling can help."

— Michelle Taylor,  
Psychiatric ARNP



The 2018/2019 school calendars for Othello, North Franklin County and Wahluke are out and should have landed in your mailbox! You won't want to miss any important school-related dates or fun community events this year so keep this calendar close by.





# EMBRACING QUALITY & SERVICE

*“It’s fun for me to set a goal  
and then say, ‘here’s how we met  
that goal’ or ‘we failed and here’s why  
and how we will do it better next time.’”*

*– Dulcye Field, Chief Clinical Officer*

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Dulcye’s focus on quality and service has most recently led to her new role as Chief Clinical Officer. She oversees nursing, dental, and behavioral health departments and as well as the quality department.

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If this sounds like something you want to be a part of, we are always looking for talented and passionate individuals. Learn more about working for CBHA and current opportunities at [CBHA.org](http://CBHA.org)

