

TADISO TIMES

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IMPORTANT NEWS

Tadiso's new dispensing area will be finished in a few days. Please look for signs announcing this change.

Patients will continue to park in the FRONT parking lot until the new LOBBY is constructed. This will not be finished until July or August.



Tadiso conducts scheduled drills on a regular basis. During all drills at Tadiso, or in case of an actual

emergency, Tadiso staff members will direct you to a safe area of the building.



MOTHER'S DAY is Sunday, May 13. Don't forget to call Mom or send a card, expressing your love.

MEMORIAL DAY is Monday, May 28. Clinic hours will be 6am-1:45pm.



PREPARING FOR WEATHER EMERGENCIES

To stay safe during a tornado, prepare a plan and an emergency kit, stay aware of weather conditions during thunderstorms, know the best places to shelter both indoors and outdoors, and always protect your head.

Make sure your children know what a tornado is, what tornado watches and warnings are, what county they live in (warnings are issued by county), and what constitutes a location as a "safe shelter," whether at home or at school.

TORNADO WATCH means tornados are possible. Remain alert for approaching storms.

TORNADO WARNING means a tornado has been sighted! Take shelter immediately.

Signs of an Approaching Storm
Some tornadoes strike rapidly, without time for a tornado warning, and sometimes without a thunderstorm in the vicinity. When you are watching for rapidly emerging tornadoes, it is important to know that you cannot depend on seeing a funnel: clouds or rain may block your view. The



following weather signs may mean that a tornado is approaching:

- A dark or green-colored sky
- A large, dark, low-lying cloud
- Large hail
- A loud roar that sounds like a freight train

If you see a funnel cloud nearby, take shelter immediately.

Taking Shelter

Your family could be anywhere when a tornado strikes—at home, at work, at school, or in the car. Discuss with your family where the best tornado shelters are and how family members can protect themselves from flying and falling debris.

The key to surviving a tornado and reducing the risk of injury lies in planning, preparing, and practicing what you and your family will do if a tornado strikes. Flying debris causes most deaths and injuries during a tornado. Although there is no *completely* safe place during a tornado, some locations are much safer than others.

At Home

Go to the basement or an inside room without windows on the lowest floor (bathroom, closet, center hallway).

Avoid windows.

For added protection get under something sturdy (a heavy table or workbench). Cover your body with a blanket, sleeping bag or mattress.

Protect your head with anything available.

Do not stay in a mobile home.

MAN'S BEST FRIEND

Dogs can be our closest companions – in the United States, over 36% of households own at least one dog. Dogs have been proven to decrease stress, increase our exercise levels, and are playmates for children. But sometimes man's best friend will bite. In addition to causing pain, injury, or nerve damage, dog bites can become infected, putting the bite victim at risk for illness or in rare cases death.



Although the idea of being bitten by a dog is scary, it doesn't mean you need to avoid dogs completely. If you work or live around dogs, be aware of the risks and learn how to enjoy being around dogs without getting bitten.

How to Prevent Dog Bites

Do:

- Always ask if it is okay to pet someone else's dog before reaching out to pet the dog.
- When approached by an unfamiliar dog, remain motionless ("be still like a tree").
- If a dog knocks you over, curl into a ball with your head tucked and your hands over your ears and neck.
- Immediately let an adult know about any stray dogs or dogs that are behaving strangely.

Don't:

- Don't approach an unfamiliar dog.
- Don't run from a dog.
- Don't panic or make loud noises.
- Don't disturb a dog that is sleeping, eating, or caring for puppies.
- Don't pet a dog without allowing it to see and sniff you first.
- Don't encourage your dog to play aggressively.

If you are bitten, get to a safe area and wash the wound with soap and water. Contact your health care provider and the owner of the dog for verification that the dog has been vaccinated. There are several diseases that can be transmitted including MRSA and rabies.

ORAL CANCER

ORAL CANCER IS A SUBJECT we'd all prefer not to have to think about, but it's critical to have a basic understanding of risk factors and symptoms. More than 50,000 people in the U.S. were diagnosed with oral cancer last year, and that number is expected to rise.

Oral Cancer Risk Factors

There are several risk factors that increase a person's chances of developing oral cancer. Some of them are out of our control, such as age and sex. Men are twice as likely as women to develop oral cancer, and it is far more common in people over 45. But there are plenty of risk factors that we can control, the biggest of which is tobacco. A whopping 85 percent of oral cancer cases are linked to some kind of tobacco use (even e-cigarettes). The next biggest avoidable risk factor is frequent, heavy alcohol consumption.

A few of the less-obvious risk factors include getting too much sun (which can cause lip cancer), HPV, and neglecting your oral hygiene, particularly if you also smoke.

Symptoms To Watch Out For

Unfortunately, even people with none of these risk factors will sometimes develop oral cancer anyway, which is why it's important to be able to recognize the symptoms, which include:

- A sore in the mouth or on the lip that doesn't heal
- Red or white patches inside the mouth
- Unusual lump on lip, mouth, neck, or throat, or strange thickness in the cheek
- Persistent sensation of having something stuck in the throat
- Numbness of mouth or tongue
- Difficulty with chewing or swallowing
- Chronic bad breath



If you do have one or more of the risk factors for oral cancer, getting regular general health screenings can catch it before you even notice any symptoms. The earlier oral cancer is caught, the easier it is to beat it.