

NOVEMBER IS NATIONAL DIABETES MONTH

Talking with Christina, MSN, RN, CDCES...

1. What is diabetes, and why is it such a big health concern in our community?

Diabetes is a disorder that involves the pancreas organ (hiding out under the liver), that either is not making any insulin, not making enough or does not use insulin effectively. Think of crowded hallway in a school surrounded by classrooms. The kids need to go into the different classrooms but all the doors are locked. Keys are needed to unlock the doors so the kids can enter the classrooms instead of lingering in the hallway. Once the doors are unlocked and the bell rings, the kids can move into their respective classrooms. The keys to unlock the doors is similar action insulin has in the body. Insulin “unlocks” the different cells so that glucose can enter and be used as fuel source.

2. What signs or symptoms should people here look out for if they think they might have diabetes?

Often, signs/symptoms of diabetes are silent and sneaky. Annual screening is recommended for individuals who have a family history of diabetes, are Native American, over the age of 35 or are overweight/obese with one of the above risk factors. Common signs/symptoms include frequent urination, excessive thirst, extreme hunger, unexplained weight loss, blurred vision, tingling or numbness in hands or feet, fatigue, increased infections, mood changes.

3. How can traditional foods, daily activity, and community programs help prevent or manage diabetes?

When I think of traditional foods, I think of beans, corn and squash, alongside wild game. These foods have a variety of carbohydrates for energy, protein, fiber and fats in addition to vitamins. Our ancestors needed this variety of nutrients to sustain their active lifestyle, which is very different from present day. This may be the reason many people back then were not as overweight or dealing with diabetes.

The people at KHOP are the friendliest people I've ever met! They are motivational and helpful in assisting you with developing a work out plan or instructing how to use the machines. They are a great resource in the community! The senior program is also great as their participants are engaged in learning, receptive to information and utilize our screening efforts.

4. What are some of the biggest misunderstandings people have about diabetes?

Healthy eating is not just for people with diabetes but recommended for everyone. There has been significant improvement in the treatment options for diabetes. I believe options should be patient centered, with the individual having some input on what may work best for them. This is where our diabetes team can help with goal setting.

Christina Cruz, MSN ,RN, CDCES-

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DIABETES AND YOUR EYES

It is important to have your eyes checked at least once a year with a dilated eye exam if you have been diagnosed with diabetes.

Why?

Diabetes is the leading cause of blindness among working aged adults in the United States.

Diabetic retinopathy is a vision threatening complication of diabetes. The excess sugar in the blood damages the small blood vessels in your body. This includes the vessels in your eyes, kidneys, toes, and many other places. In the eyes, the tiny blood vessels will start to leak blood and fluid. This causes the retina to swell, which can lead to vision being blurry or cloudy.

The longer that you are diabetic and the longer your blood sugar is out of control, the more likely you are to develop retinopathy. Periods of time when the glucose is high can also cause swelling in the lens inside the eye. This can cause fluctuating vision and your glasses prescription to change.

The best way to manage (or prevent) diabetic retinopathy and reduce your risk of vision loss is to control your glucose and keep it controlled. This means following up with your PCP as scheduled, having your labs done regularly, taking all of your medications as they are prescribed, managing your diet, and getting some exercise.

It is important to have visits at a minimum of annually with your eye doctor for a dilated eye exam.

Additionally, retinal photography without being dilated is not a substitute for a dilated eye exam and is not considered the Standard of Care by the American Optometric Association nor the American Academy of Ophthalmology.

Please call the Optometry Clinic to schedule your annual diabetic eye exam: 505-465-1169.

If you get your eye care elsewhere, please bring a copy of your exam records to Medical Record or the Optometry Clinic.

SANTO DOMINGO HEALTH CENTER

HOLIDAY CLOSURES

THANKSGIVING CLOSURE 27TH 8:00AM - 5:00PM

NATIVE AMERICAN HERITAGE DAY CLOSURE 28TH 8:00AM - 5:00PM

KEWA PUEBLO HEALTH CORPORATION

FALL Vaccine Clinics

NEW DATE!

COMMUNITY CENTER

November 19th at 4pm - 7pm

Flu and COVID Vaccines will be available for anyone ages 6 months and above



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Healthy People, Healthy Community, Healthy Lifestyles



Please join us for a monthly Community Circle for Dementia and Healthy Aging

5pm-6:30pm

Santo Domingo Senior Center

Thursday, September 25th

Wednesday, October 22nd

Thursday, November 20th

Wednesday, December 10th

We welcome community members who may have memory concerns, along with their caregivers and family.



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Presentation by:



LUNCH TO BE PROVIDED



WELCOME OUR NEW STAFF MEMBERS

Teesa Nez, Medical Assistant

EMPLOYEES OF THE MONTH OCTOBER 2025

Dr. Shane Benally

Optometrist
Clinical Team

Davin Valenica
Security Guard
Administrative

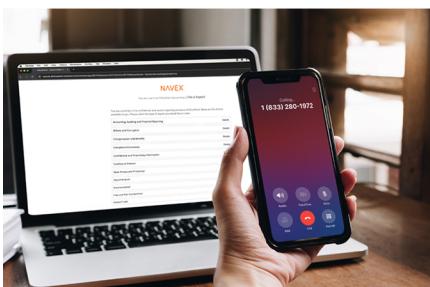


FONEMED

After-Hours Nurse Triage Line

Santo Domingo Health Center has contracted with FoneMed. An Nurse Triage Service to provide our patients with medical advice when the clinic is closed. After-Hours, you will get a recording message, option 1 will be if you want to schedule an appointment but our clinic is closed. You can leave a message and we will call you back once we open again.

Option 9 will transfer the calls to our After-Hours Triage Nurse Line to speak with a live nurse.



NAVEX™

Santo Domingo Health Clinic

Ethics Reporting Hotline Is Now Available!

We are listening! If for some reason there is an issue when you come to our facility and our staff is not able to resolve your matter to your satisfaction, please let us know. EthicsPoint is a comprehensive and confidential reporting tool created by NAVEX.



Santo Domingo Health Center

POB 340 | 85 West Highway 22
Santo Domingo, NM 87052
505-465-3060
WWW.KP-HC.ORG

Hours of Operation:

Monday, Tuesday,
Thursday, Friday
8:00 AM - 5:00 PM
Wednesday
1:00 PM - 5:00 PM

Ensuring health and wellness through excellence in health care with respect for culture

CAREERS

Join our team

Current Openings:

Compliance Specialist
HR Generalist
Director of Pharmacy Services
Family Nurse Practitioner
Physician Assistant
PRN - Registered Nurse I/II/III
Patient Benefits Coordinator
Professional Healthcare Recruiter
Director of Patient Access & HIMS



SCAN TO APPLY