



Introducing a New Program of the Siletz Tribe

Coordinating Cancer Care and Outreach From Screening Through Diagnosis, Treatment, and Resolution

What is a Navigator?

The navigator is a person who works with people to make sure they get the proper diagnosis and – if they need it – treatment for cancer. Some navigators are nurses and others are community members. Navigators have special training in helping people with their cancer care.

Navigators are already breaking down barriers to good care in many communities. The Northwest Tribal Cancer Navigator Program is a research project to see if navigators work for Northwest Indian communities.

Learning About the Journey

If you work with the navigator, you may be asked to share information about your cancer journey with researchers. You do not have to share your information; the navigator will work with you even if you choose not to share your information.

Why Have a Navigator?

Clients meet with the navigator to make decisions and solve problems in their cancer journeys. Some people need help with:

- Information on cancer
- Managing medication
- Figuring out how to pay for procedures
- Finding transportation
- Making appointments
- Communicating with doctors
- Family needs

The navigator program cannot pay for services. Instead, we will try to connect you with other organizations that can.

Who is the Navigator For?

For you – the navigators are for all patients at the Siletz Clinic who have cancer – or who have screening tests or symptoms that mean they could have cancer.

How Do I Get Started?

To contact a navigator, you can visit the clinic during regular hours and ask to page the navigator.

Northwest Tribal Navigator Story

On July 29, 2002, the President's Cancer Panel visited the Yakama Nation in response to an invitation from Yakama Tribal Elder Joe Jay Pinkham. Members of the Yakama Nation and other Northwest tribes told the panel about the problems Native people face in obtaining medical care and surviving cancer.

What Are You Going to Do for My People?

Months later, the National Cancer Institute (NCI) funded the Indian Health Services to test a new model of cancer care: the "cancer navigator." The NCI has heard the message that cancer is a crisis in Native communities, and it hopes that the navigator model will start to help with some of the problems facing Indian people that the President's Cancer Panel heard about during the visit to Yakama Nation.

The Northwest Portland Area Indian Health Board is collecting research data about the effectiveness of the navigator model in increasing access for Indian people to good cancer care.

Contact Sandra Hahn at the Siletz Clinic for more information on the Northwest Tribal Cancer Navigator Program
1-800-648-0449, ext. 1627
541-444-9627

Preparing for Pandemic Influenza What You Need to Know

An influenza (flu) pandemic is a simultaneous, worldwide outbreak of flu disease that occurs when a new type of influenza virus appears that people have not been exposed to before (or have not been exposed to in a long time). The pandemic virus can cause serious illness because people do not have any immunity to the new virus.

Pandemics are different from the seasonal outbreaks of influenza we see every year and are considered a major public health threat. A severe pandemic might include several "waves" of influenza activity that last six to eight weeks separated by months.

A vaccine most likely would not be available at first and medications to treat those ill with the flu will be in short supply and not appropriate for everyone. This situation could lead to high levels of illness, death, social disruption, and economic loss. Impacts could range from school and business closings to the interruption of basic services such as health care, utilities, public transportation, and food delivery.

Public health officials do not know exactly when the next flu pandemic will happen or how severe it will be. Three flu pandemics took place in the

last century. The most severe was the 1918-1919 pandemic, which killed about 675,000 Americans and 50 million people worldwide.

The current concern is because of "bird flu" (avian influenza) activity in Southeast Asia and elsewhere. If this new type of influenza begins to be able to efficiently be transmitted between people (rather than from birds to humans), it could result in the next flu pandemic.

Importance of Being Prepared

A pandemic would touch every aspect of society, so every part of society must begin to prepare. All have roles in the event of a pandemic.

Federal, state, county, tribal, and local governments are developing, improving, and testing their plans for an influenza pandemic. Businesses, schools, universities, and other faith-based and community organizations also are preparing plans.

The Siletz Tribal government, including the Siletz Clinic, has begun the process of developing a Pandemic Influenza Plan. In the next several months, we plan to submit several more articles about preparing for pandemic flu as well as other emergencies.

In the meantime, the single most important thing tribal members can do is get your annual flu shot for seasonal flu, which kills about 36,000 Americans each year. We also would like to invite you to participate in a pandemic flu drill we will conduct in November.

Oregon Statewide Pandemic Flu Exercise (PandOrA) Siletz Community Health Clinic Nov. 2

The clinic will exercise parts of its Pandemic Flu Plan and needs "pretend patients" and others to play roles for us so we can see how our plan might work and where changes are needed. If you are interested in helping out, it would help us simulate the scenario we've been given by the Oregon Department of Human Services.

Please contact Cathy Rasmussen, RN, Community Health director, at 541-444-1030 or 1-800-648-0449, ext. 1752, if you have questions about either of these events.

Get Your Flu Shot

The Siletz Clinic expects to receive its supply of this year's vaccine near the end of October. No shortage of the vaccine is expected, so everyone who wants to get a flu shot should be able to get one.

See the November issue of *Siletz News* for more details.

HIV/AIDS

It's Not Over

When communities become strong, whole nations will follow.

Protect our future.

It's time to break the silence about HIV/AIDS.

PRN

PEQUOT

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For more information, call the CDC National AIDS Hotline at 1-800-342-AIDS or visit www.cdc.gov

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For more information, call the CDC National AIDS Hotline at 1-800-342-AIDS or visit www.cdc.gov. Confidential testing is available at the Siletz Community Health Clinic or your local County Health Board.