



Clinic Offers HPV Vaccine

Last spring, the national Advisory Committee on Immunization Practices, a panel of immunization experts that advises the federal government on vaccine policy, approved the HPV vaccine for girls and women from ages 9-26, with a specific recommendation that all girls ages 11-12 be routinely given the three-dose series of HPV vaccine to provide maximum protection.

HPV is the most common sexually transmitted virus in the country. The HPV vaccine is remarkably effective against the two strains that cause 70 percent of all cervical cancer in women.

The Siletz Clinic offers the vaccine to female Siletz Tribal members between the ages of 9-26. Although the state of Oregon has provided the

Siletz Clinic with the vaccine for female tribal members between 9-18 years old, the Siletz Tribe has purchased additional vaccine for female tribal members only, ages 19-26. Enrolled patients can get the immunization at a scheduled visit either with their PCP or RN.

Cervical cancer used to be a common cause of cancer death for women in the United States, but the widespread use of Pap tests has dramatically reduced the frequency and rate of death from cervical cancer.

Even so, each year more than 100 Oregon women develop invasive cervical cancer and 40 die of the disease, says Lorraine Duncan, immunization manager in the Oregon Department of Human Services Public Health Division.

"HPV vaccine is a powerful tool in the fight against cervical cancer," says Duncan. "We are very pleased that the federal government has added it to the list of vaccines they will provide under the VFC program. This means that life-saving protection is available to these young women in Oregon."

The Vaccines for Children program is administered by the DHS Public Health Division. It supplies federally purchased vaccines at no cost to public and private health care providers. Patients through age 18 are eligible if they are uninsured, enrolled in Medicaid, or are an American Indian or Alaska Native.

The VFC program is one of many public health programs that focus on prevention and helping people manage

their health so they can be as productive and healthy as possible.

Additional information about the program is on the DHS Immunization Web site – www.oregon.gov/DHS/ph/imm/vfc/index.shtml.

For more information on HPV, visit <http://search.oregon.gov/query.html?ql=>, and specify the search requirements "must include" "HPV" to find various DHS articles on this topic.

Also, you can e-mail your questions to dhs.info@state.or.us, or call the DHS office at 503-945-5944.

Siletz Tribal members wishing to make an appointment to receive the vaccinations through the Siletz Clinic can call 1-800-648-0449, ext. 9604, or 541-444-1604.

Bloomstrom Tells Story of Cancer Diagnosis, New Network for Survivors

Article first published in the newsletter of the Susan G. Komen Breast Cancer Foundation, Oregon and SW Washington affiliate, earlier this year

Carol Blomstrom, a 60-year-old breast cancer survivor and member of the Confederated Tribes of Siletz, has created a network of cancer survivors.

Her journey began when she was diagnosed with Stage III infiltrating, inflammatory ductal carcinoma in March 2006. She knew something was wrong when the doctor told her she needed to have someone with her for their next appointment. Being a single mom, Carol took her two sons and her daughter. She was told she had cancer.

While she was a little shocked by the diagnosis and the family worried about how much time she had, she set her goal: To see her six grandsons, age 1 to 20, grow up. Carol entered three months of chemotherapy, had a mastectomy and five weeks of radiation.

This journey of nearly one year was not just about medical treatment. While battling recurrent nausea, growing fatigue, and the loss of 33 pounds, Carol began educating herself.

In November 2006, she attended a Susan G. Komen-Oregon & SW Washington Foundation-funded Leadership and How to Start Your Own Cancer Support Group training presented by the Native People's Circle of Hope. NPCOH is a coalition of Native cancer survivors and support groups.

When asked how to improve this training, Carol said, "Make it longer and teach us more about cancer." Her thirst for knowledge is high.

Carol's cancer education expanded while staying at the Mario Pastega House, another Komen-supported cancer project that provides housing to cancer survivors who are receiving treatment from the Community Hospital Cancer program in Corvallis, Ore. (The Siletz Tribal Charitable Contribution Fund also has provided funding for the Mario Pastega House.)

To overcome feelings of isolation, she and other residents gathered each evening for mutual support, learning



Carol Blomstrom

of how to cope with their treatment side effects, and receiving further cancer education. She is particularly grateful to the volunteers who made themselves available at any time, day or night, to listen to the residents' concerns.

Carol's network of cancer supporters has grown to 30 people. The network began with the many friends who helped her manage her household chores and grew to include the men and women she met during her various medical appointments.

She now accompanies the tribal patient navigator, Sandra Hahn, to cancer support group meetings and encourages early detection. Carol recently celebrated the end of her radiation treatments and looks forward to expanding her network with more cancer support group meetings, regional and national gatherings.

She enjoys and appreciates each day, each person she meets, and any opportunity to expand her knowledge.

Congratulations Carol! Welcome to the world of cancer survivors and thrivers!

Update: Carol recently saw her oncologist, who reviewed her latest tests and said she can celebrate being cancer-free!

For cancer-related issues, including learning more about cancer, contact

Sandra Hahn RN (nurse navigator) or DeAnna Pearl (tobacco prevention and community navigator) at the Siletz Clinic, 541-444-1030 or 1-800-648-0449.

The next Tillicum Siletz Community Cancer Support Group meeting is scheduled for noon on June 19 at the Siletz Public Library.

Out-of-Area Health Care

by Judy Muschamp, Health Director

Call-in dates for pre-authorization are July 2 and Oct. 1.

Calls are answered starting at 8 a.m. in the order received. Be sure to register for health care before these dates.

Only one authorization per year per tribal member is allowed. Members have a choice of selecting medical, dental, vision, or hearing services.

Numbers to call: 541-444-1236 or 1-800-628-5720.

Join our annual "Exercise Challenge" "RUN TO THE ROGUE – ONE STEP AT A TIME"



The "Run-to-the-Rogue" Challenge will start on June 18th and will run through September 10th 2007.

ALL SERVICE AREA SILETZ TRIBAL MEMBERS AND THEIR FAMILIES, SILETZ COMMUNITY HEALTH CLINIC PATIENTS, AND CTSI STAFF MAY PARTICIPATE.

- Each participant will receive a pedometer used to track the number of steps taken each day.
- Challenge yourself to better fitness and health!
- Great time to train for "Run to the Rogue" in September.
- Participants **completing** the challenge will receive a pair of Nike tennis shoes.

An average of 7,166 steps a day will get you to Oak flats (the final destination for Run-to-the-Rogue) by Sept. 10th.
Week one will establish your starting average.
Each week your number of steps should increase.
Recommended steps a day is 10,000.

INFORMATION PACKET AND REGISTRATION MATERIALS WILL BE AVAILABLE BEGINNING JUNE 1ST AT THE PORTLAND, SALEM, AND EUGENE AREA OFFICES AND AT THE SILETZ COMMUNITY HEALTH CLINIC.
IF YOU LIVE OUT OF THE AREA CALL CINDY @ 541-444-9633 – 1-800-648-0449.
REGISTRATION MUST BE RETURNED BY JUNE 15TH.

QUESTIONS: CALL CINDY URBACH @ 541-444-9633

As with any exercise program it is recommended that you check with your health care provider before beginning the Exercise Challenge. It is important to start slowly and gradually build up.