

Some Cancer is Almost Completely Preventable – Which Ones?

By Lindy Taylor, MD

Quiz

Which three of the following cancers are preventable?

- ☐ Breast ☐ Lymphoma ☐ Kidney
☐ Prostate ☐ Brain ☐ Lung
☐ Colon ☐ Cervical ☐ Skin

Did you know that of all the kinds of cancer out there, three of them are almost completely preventable?

Colon, cervical and lung cancer now are considered preventable illnesses. The rest of the cancers out there are screened for in hopes of catching the cancer in the early stages to increase your odds of successful treatment and survival.

Colon cancer is created when a person grows a polyp in their colon. It takes years for the polyp to grow into cancer. It's recommended that everyone get a colonoscopy at the magic age of 50 – earlier if you have relatives who had colon cancer.

If your doctor sees a polyp during the procedure, he or she can cut it out and guess what – no cancer! Although a colonoscopy is obviously slightly unpleasant, it's a lot better than colon cancer. If you think that it's bad for someone to go "up there" once, imagine what it would be like for someone to have to investigate monthly. With a clean bill of health on a colonoscopy, you most likely will not have to return for 10 years.

The doctors performing the procedure know how uncomfortable this procedure is and usually will give you enough medication to make sure you don't remember all the gory details from the procedure.

Twenty-five percent of American Indians diagnosed with cancer already have metastatic colon cancer at the time of their diagnosis. This is because most people don't want to have this procedure done and instead of screening for polyps, the colonoscopy is used to find out why a person may have certain irregular bowel patterns.

More than likely, these people were never screened for colon cancer either

with an easy fecal blood test you can get from your doctor or with a colonoscopy, depending on your age and family history.

Cervical cancer is created when cervical dysplasia (abnormal cells) is left untreated for years in a female body. It's now thought that cervical dysplasia is caused by a common HPV virus transmitted with physical intimacy.

All women 18 years old or sexually active need to have annual pap smears. Yes, this one also is a bit unpleasant, but one time per year is a lot better than monthly visits if a doctor finds a cancer.

There is now a vaccine that women under age 28 can get that will give them immunity to the HPV virus that causes dysplasia and cancer. The CDC recommends it be given to all girls and young women between age 10 and 28. Gardasil can help prevent up to 80 percent of the cervical cancers that are associated with the HPV virus.

Pap smears still need to be done annually because they indicate if there are abnormal cells on the cervix. The goal is

to cut off the abnormal cells before they have a chance to grow inside the body and spread to other parts.

Lung cancer is 87 percent preventable. This is because 87 percent of lung cancers are caused by cigarette smoking.

Only 1/100 of cancer funding goes to lung cancer research and many therapies we use to treat lung cancer are the same as they were 20 years ago. The odds of living through lung cancer for five years are only 20 percent.

We also know that cigarette smoke can affect lung function and exercise capacity long before a diagnosis of lung cancer. It also is associated with heart disease and other forms of cancer.

Our clinic has several options for helping you quit smoking before it's too late. We have several medication options that can be used effectively in conjunction with free counseling you can get from such places as the Oregon Tobacco Quitline. Call 800-QUIT-NOW to get started in your plan to become tobacco-free.

December USDA Distribution Dates; Don't Forget Cooking Demonstrations

Siletz

Tuesday, Dec. 1	9 a.m. – 3 p.m.
Wednesday, Dec. 2	9 a.m. – 3 p.m.
Thursday, Dec. 3	9 a.m. – 3 p.m.
Friday, Dec. 4	9 a.m. – 3 p.m.

Salem

Monday, Dec. 14	1:30 p.m. – 7 p.m.
Tuesday, Dec. 15	10:30 a.m. – 7 p.m.
Wednesday, Dec. 16	10:30 a.m. – 7 p.m.
Thursday, Dec. 17	8 a.m. – 3 p.m.

USDA staff would like to thank Val Hibdon and Darlene Smith for doing cooking demonstrations for us. We had some wonderful chicken and dumplings, cornbread, pandesol and pumpkin cake. For their efforts, they each received a \$25 gift card to Fred Meyer.

Siletz Tribal member Derek Simmons has been temping in the USDA department and has done a wonderful job with demonstrations at both warehouses. In the Salem warehouse, he cooked up some very tasty pork chop suey and in Siletz he made hamburger chop suey.

Come on in and make your favorite recipe and use our foods. You can get either a \$25 gift card or maybe we will hook you up with some of our new grocery bags and a water bottle.

Have a wonderful holiday season!

If you or someone you know would like to sign up for commodity foods, you can find the application packet on the Tribal website – www.ctsi.nsn.us. Look under social services.

You can print the entire packet and mail it to us at CTSI – USDA, P.O. Box 549, Siletz, OR 97380-0549; or you can fax it to USDA, 541-444-8306.

Happy meals!

Joyce Retherford, FDP Director
 541-444-8393
 800-922-1399, ext. 1393



2010 Standing Committee Applications Due

Deadline for consideration for committees is Jan. 29, 2010

Any Tribal member interested in serving on a committee for a two-year term must fill out the following form and return it to the address below prior to Jan. 29, 2010.

Please mail or fax your application to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; fax: 541-444-8325.

Name: _____ Roll No: _____
 Address: _____
 City: _____ State: _____ ZIP: _____
 Telephone: Day () _____ Evening () _____

Choose the first, second and third choice of committees you are requesting by numbering your preference 1, 2, 3 in the space provided. **If you only want to be considered for one committee, please indicate this by inserting the number 1.**

- | | |
|--------------------------------------|-----------------------------------|
| ____ Education Committee (3) | ____ Housing Committee (3) |
| ____ Natural Resources Committee (3) | ____ Pow-Wow Committee (no limit) |
| ____ Health Committee (3) | ____ Budget Committee (1) |
| ____ Cultural Heritage Committee (3) | |

Tribal Council will review applications and approve appointments at the Regular Tribal Council meeting in February 2010. If you have any questions, please call Tribal Council's executive secretary, Tami Miner, at 800-922-1399, ext. 1203, or 541-444-8203.

2009/2010 Hunting/Fishing Incentives

Reminder to all Siletz Tribal members: Please report all harvests of deer, elk and salmon to the Natural Resources Department. The name on the tag will be submitted into a drawing after the season's end and could receive one of the following WalMart gift card incentives.

Hunting Incentives
 \$100 ~ \$75 ~ \$50
 WalMart Gift Cards

Fishing Incentive
 \$50
 WalMart Gift Card

Please report all harvests:
 Mike Kennedy at
 541-444-8232; 800-922-1399, ext. 1232
mikek@ctsi.nsn.us
 or
 Kelley Ellis at
 541-444-8227; 800-922-1399, ext. 1227
kelleye@ctsi.nsn.us

2009 Siletz Tribal Salmon Season Now Open

Oct. 16, 2009, Through Dec. 16, 2009

Salmon fishing tags may only be used to fish for salmon at the Siletz Tribe's three fishing sites:

Euchre Creek Falls, Dewey Creek Falls or Little Rock Creek (hatchery)

Using only the following gear:
 Dip Net, Spear, Gaff Hook

Salmon tags are issued by the Natural Resources Department on Monday – Friday from 8 a.m. – 4:30 p.m.

Questions, please contact:
 Mike Kennedy
 541-444-8232; 800-922-1399, ext. 1232
mikek@ctsi.nsn.us