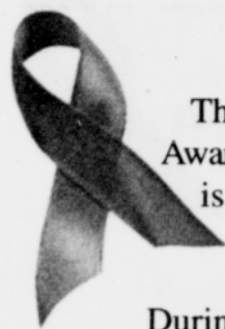


October is National Breast Cancer Awareness Month



The National Breast Cancer Awareness Month Organization is celebrating its 25th year of bringing breast cancer awareness to the public.

During the past 25 years, significant advances have been made in the diagnosis and treatment of breast cancer. The website <http://nbcam.org> has free information for patients looking for education and support on dealing with breast cancer and its treatment.

Breast cancer is the most common cancer in women in the United States, aside from skin cancer. According to the American Cancer Society (ACS), an estimated 200,000 new cases of invasive breast cancer are diagnosed in the United States each year.

An estimated 40,000 women died from the disease in 2009. Today, there are about 2.5 million breast cancer survivors living in the United States.

Breast cancer is the second-leading cause of cancer death in women (after lung cancer). It's much less common in males; by comparison, the disease is about 100 times more common in women.

According to the ACS, an estimated 2,000 new cases of invasive breast cancer are diagnosed in men in the United States each year and it usually is detected in men between ages 60 and 70.

The chance of getting breast cancer for a woman is 1 in 8. There is no known prevention of cancer and its outcome is largely linked to early diagnosis. The greatest survival is found in women who are diagnosed in early stages of cancer, i.e., with a small lump instead of a large one that may or may not have spread.

Mammography screening remains the best available method to detect breast cancer early. No medical test is always 100 percent accurate, however, and mammography is no exception. Research is

under way to improve technology to lead to better accuracy and create new technologies, such as ultrasound and MRI that are becoming more popular.

It's important for women to practice the elements of good breast health, so they should:

- Obtain regular mammography screening starting as early as age 40
- Obtain annual clinical breast exams
- Perform monthly breast self-exams
- Obtain a risk assessment from a physician

Studies have shown a number of barriers to mammography screening. Some can be overcome with health education, others require programs to make mammography more accessible for women. The top barriers, in women's words, are:

- "I don't need a mammogram because my doctor has never recommended I have one."
- "I've never thought about it."
- "I have no breast problems, so mammography isn't necessary."
- "I don't have enough time."
- "I have had a mastectomy (double mastectomy, radical mastectomy) and don't have breasts."
- "I don't have a family history of breast cancer."

Other barriers include:

- Fear about pain from the procedure
- Fear of a diagnosis of breast cancer

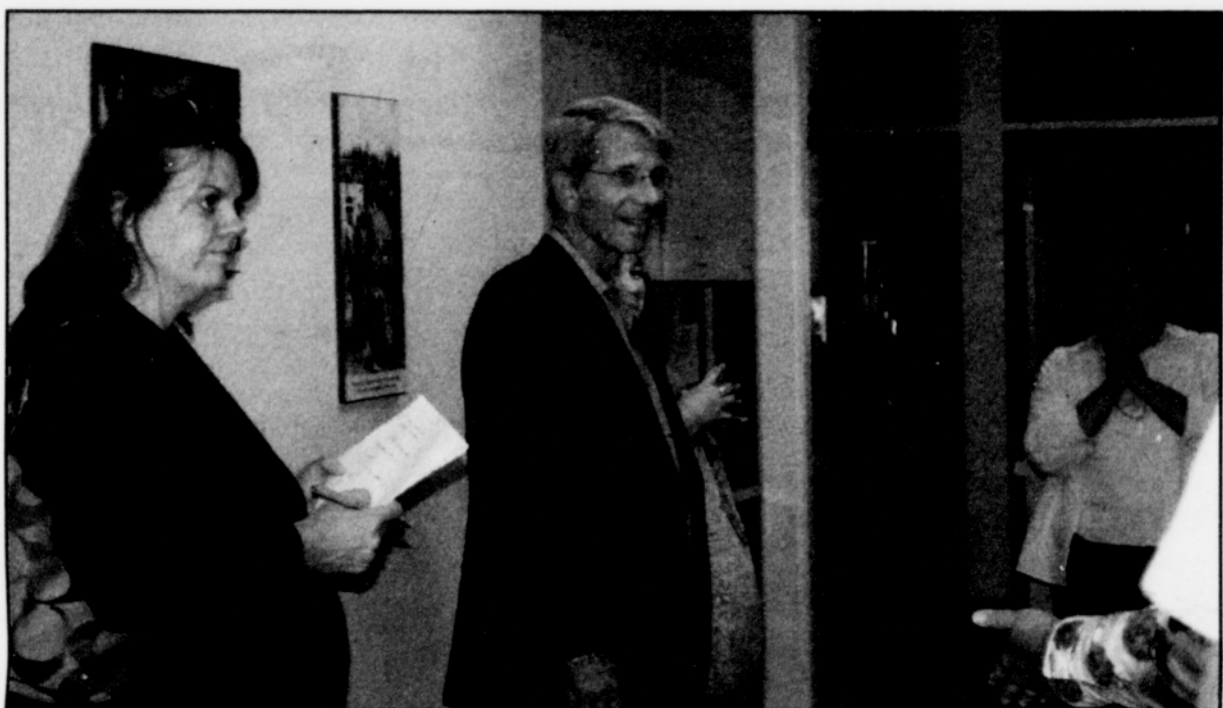
- Concerns about screening costs
- Concerns about the financial burden of diagnostic procedures and treatment, if needed
- No recent clinical breast examination or Pap test
- No routine source of health care
- Difficulty taking time off from work to be screened
- Living a long distance from the screening site

According to the Northwest Portland Area Indian Health Board, only 40 percent of American Indian women over age 45 in the greater-Portland area have had a mammogram in the past two years as recommended. This is compared to a U.S. average of 66 percent compliance.

If you fall into the above group of women who are behind in their advised schedule of mammograms, please contact your physician today about getting your mammogram order. If you are a patient at the Siletz Community Health Clinic, please call 541-444-1030 or 800-648-0449 to schedule your appointment.

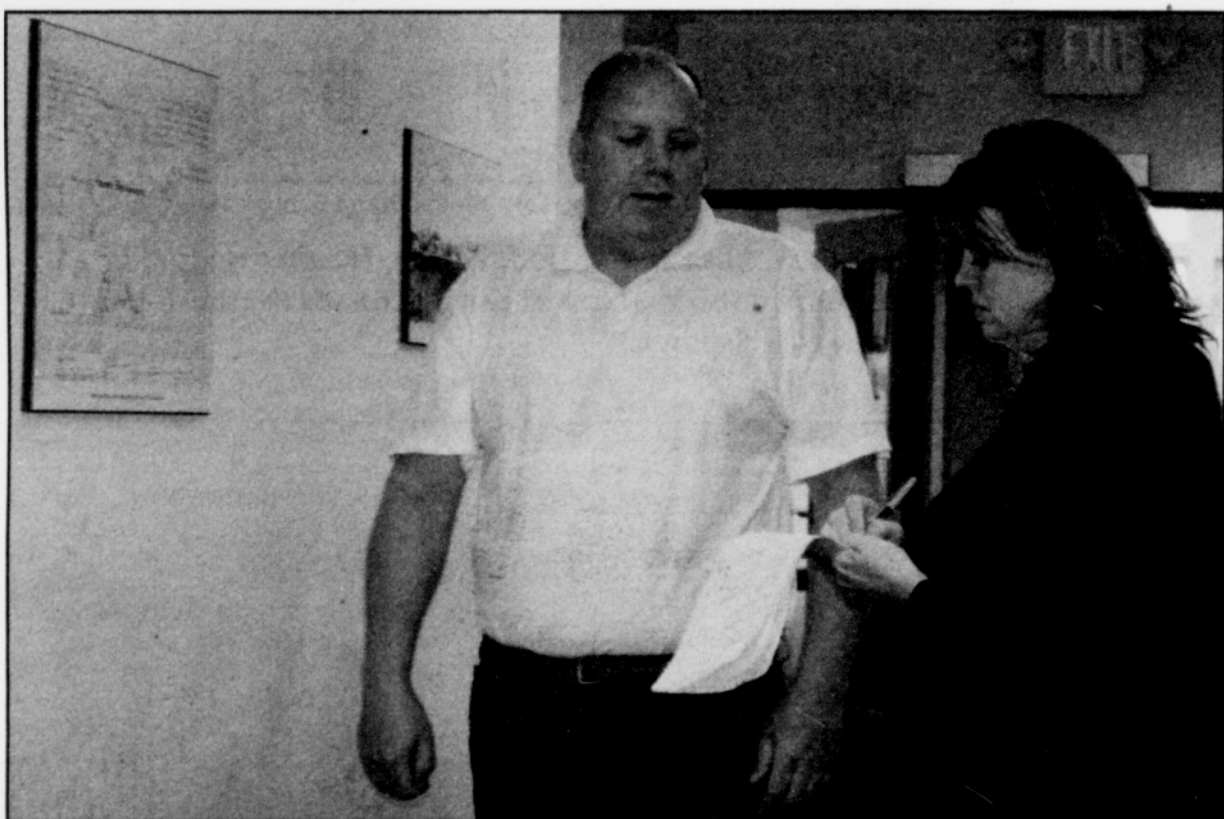
We will hold our annual Women's Health Fair and Papathon at the clinic (see below) on Oct. 19 from 1 p.m. to 7 p.m., giving you a chance to get your preventative health screenings done, including your pap and mammogram.

We also have information about the Oregon State Breast and Cervical Health Program, which provides funding for qualified patients who lack insurance.



Photos by Diane Rodriguez

Health Director Judy Muschamp (above, in pink) gives Rep. Kurt Schrader and Suzanne Kunse, district director, a tour of the Siletz Community Health Clinic. Tribal Council members who participated in the tour and a discussion with Schrader included Delores Pigsley, Bud Lane, Tina Retasket, Lillie Butler, Reggie Butler Sr. and Robert Kentta, as well as General Manager Brenda Bremner. Kentta (below) shows Kunse a map of the original reservation as he explains how Tribal land was stolen and lost over time.



Schrader, con't from page 1

"That's a problem in our country. We've gotten out of the habit of building things," he said. A class like shop is "what gets chopped - it's too expensive," he added.

As for the upcoming election, Schrader described himself as having "been around a little longer and having a little more life experience" than his opponent, Scott Bruun, a state representative in the Oregon Legislature from West Linn, Ore.

"You will really have to be an informed voter," Schrader noted. "Some people out there are pushing the country the wrong way. That's just my opinion."

Council Adds Massage Therapy to Alternative Health Care Benefit

Acupuncture, chiropractic care and massage therapy are alternative health choices widely recognized as safe, drug-free, non-invasive therapies for the treatment of a wide array of health problems. The Siletz Tribal Council has appropriated gaming revenue to pay for acupuncture, chiropractic or massage therapy services for Tribal members, regardless of residency.

You do not have to be CHS-eligible to qualify for this benefit. Criteria are that you be an enrolled Siletz Tribal member. The process to get approval is as follows:

1. Visit your primary health care provider and discuss your medical concerns. Inquire whether acupuncture, chiropractic or massage therapy services may alleviate your symptoms.

2. If your primary care provider believes acupuncture, chiropractic or massage therapy services is appropriate, call CHS.
3. CHS will approve up to six sessions and will pay no more than \$50 per session. Patients are responsible for any costs that exceed \$50.
4. A written letter will be sent to the patient to take to the acupuncturist/chiropractor/massage therapist informing them of the number of sessions approved, amount approved and billing process. If you have insurance, the provider should bill that insurance first.

If you have any questions, contact Contract Health Services at 541-444-1236 or 800-628-5720. Fax information to 541-444-9645.

Siletz Veterans Office Open Daily

Tony Molina is available for all Siletz Tribal veterans. He is in the Tribal administration building in Siletz from Monday through Friday to help you get all the information you need for your VA benefits. Additionally, he needs your help to update our veterans' roster, especially for those who are currently serving. Call Tony at 541-444-8330 or 800-922-1399, ext. 1330.