

Men and tobacco: Healthy Traditions – Time to think about your garden

Eight great reasons to quit

- You'll live longer.
 - Men who don't smoke live about 13 years longer than men who do.
 - Tobacco causes more deaths than alcohol, cocaine, heroin, car accidents, homicides, AIDS and suicides combined.
- You'll reduce your risk of cancer.
 - Men who smoke are 23 times more likely to develop lung cancer.
 - Tobacco users also are more likely to get cancer of the larynx, mouth, throat, esophagus and bladder, plus many other types of cancer.
- You'll have a lower risk of a heart attack.
 - Heart disease is the leading cause of death for men.
 - Smokers are much more likely to die suddenly from a heart attack.
 - Even low levels of cigarette smoke can damage the heart.
- Your lungs will work better (so you can live longer).
 - Men who smoke are 12 times more likely to die from chronic lung disease.
- You'll protect your family.
 - Kids exposed to secondhand smoke are more likely to cough and wheeze, have asthma attacks and have chronic ear infections.
 - Breathing secondhand smoke can cause lung cancer and heart disease in non-smokers.
- You can avoid other health problems.
 - Smoking doubles the risk of stroke.
 - Men who smoke are twice as likely to get rheumatoid arthritis (an autoimmune disease that attacks and destroys the joints).
- Cigars also are bad for your health – even if you only smoke them occasionally.
 - Cigars increase the risk for lip, mouth, tongue, esophagus, lung and other cancers.
 - Cigars have more tobacco than cigarettes and usually burn longer, making secondhand smoke dangerous too.
- Your mouth will thank you if you quit spit tobacco.
 - Spit tobacco causes as many health problems in the mouth as cigarettes do in the lungs.
 - You're at a much greater risk for oral cancers, which may require surgery to remove part of the lip, tongue or cheek.

The Tribal Healthy Traditions project seeks to improve the health of Siletz Tribal members through educational activities that promote the use of traditional foods through hunting, gathering, gardening, cooking, food preservation and protecting our natural resources.

Find Healthy Traditions

- Facebook
- www.ctsi.nsn.us
- Siletz News
- Or call 541-444-9627 to listen to our upcoming events recording

Do you "like" Healthy Traditions?

See event announcements on your Facebook news feed by clicking on the "like" box beside Healthy Traditions (see photo below).

"Like" is the same as becoming a fan. If you "like" Healthy Traditions, you will receive:

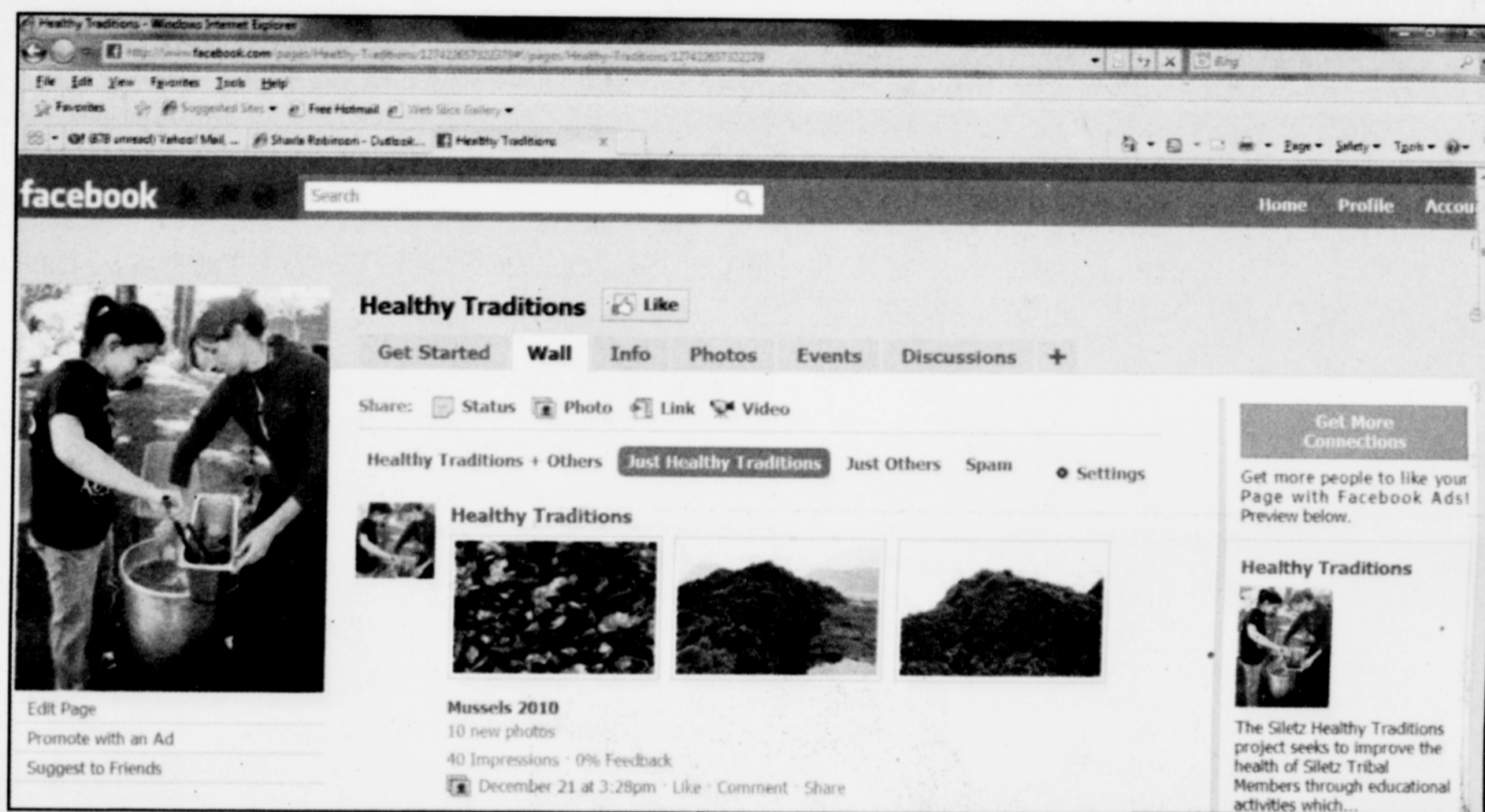


Photo by Natasha Kavanaugh

Liz John and Rose Bremner prepare the brine for their meat at the smoked jerky class sponsored by the Healthy Traditions Project at the Siletz Tribal Community Center on Jan. 11.

- Event announcements and reminders
- Event cancelations (for weather or red tide)
- Photo sharing
- Weather reminders (freeze warnings for gardeners)
- Low-tide reminders

Jerky and smoked salmon class

Smoking meat is a tasty and traditional method of meat preservation. The Healthy Traditions Project will host a class on Feb. 1 at 10 a.m. at the Portland Area Office.

We also will have a small cooking demo that participants will be able to sample while we wait for the jerky to finish.

Garden planning for spring

It may be winter, but now is the time to start planning your garden for spring.

If you would like to learn to grow your own food, we are here to provide you with the resources to accomplish that goal.

Reminder: Save your food-grade containers such as yogurt containers, paper towel rolls and egg cartons to start seedlings for spring. Clear plastics serve as mini-greenhouses and newspaper works as a biodegradable seedling containers.

Tribal Portland Garden Club

The Portland Area Office is starting a Garden Club for Tribal members to learn about different garden topics from seed starting to harvesting.

Next Portland Garden Club Meeting
Feb. 16, 5:30 p.m.
Portland Area Office
Guest speaker: Judy Bluehorse Skelton
Topic: Native Plants

Fruit tree care and planting class

Feb. 26, 10 a.m. to noon
Tillicum Fitness Center, Siletz

Look for Healthy Traditions on Facebook for fast updates on our events.

As an initiative to increase fresh produce availability, Healthy Traditions will host a fruit tree care and planting class where attendees will be able to learn how to plant and care for a fruit tree.

How to use mail order pharmacy

How to order your refills after hours and on weekends: Please call 7-10 days before you need your refills. This allows us time to contact your provider, if necessary, and for mailing.

- Call 800-648-0449
- Enter 1624 as soon as the clinic's message begins – you'll be transferred to the refill line.
- Or, call the refill line direct – 541-444-9624.

Tasha Mason
Tobacco Prevention & Education
Coordinator
tasham@ctsi.nsn.us
541-444-9659/800-648-0449, ext. 1659

Oregon Quit line
Toll free at 800-QUIT-NOW