

10 years of service: Lisa Weidman, Conrad Douma, Rhonda Attridge, Michele Louvet-Rowan, Trish Valet, Rhonda Attridge, Christina Frederic, Darcy Jimenez, Pam Ben, Stephanie Chamberlin and Sharmon Cook-Wright. Not pictured: Victoria Butler and Cecilia Tolentino.



Five years of service: Amy Garrett, Verdene McGuire, Yvonne Messmer, Jamie Bokuro, Kurtis Barker, Tiffany Haynes, Lisa Paul, Shawna Henarie, Allen Nelson, Chris Murphy, Rick Wake, Dean Sawyer and Heather Walker. Not pictured: Elisa Kaiser, Lawrence Navarro and Stuart Whitehead.



## Tooth Talk – HPV and its potential to harm oral health

By Mary Ellen Volansky, EPDH, MS

One study of cancer found that HPV-related cancer had risen 225 percent between 1998 and 2004.<sup>1</sup> This is correct – human papillomavirus doesn't just cause cervical cancer. It can and does cause oral cancer too.

The Oral Cancer Foundation predicts that if this increase in the incidence of HPV-related cancer continues, oral cancer will become the nation's leading HPV-related cancer within this decade, surpassing the incidence of cervical cancer.<sup>2</sup>

Now you know why the Siletz Dental Clinic participates in the Papathon each time. We have given away several Sonicare tooth brushes (raffles for them) over the years and each person is given home care supplies. Fluoride varnish is applied if you want it.

HPV does not discriminate based on sex, religion, sexual orientation, political standing, race, class or place of origin. The Center for Disease Control and Prevention (CDC) says, "... most sexually active people in the United States will have HPV at some time in their lives."

Approximately 20 million Americans currently are infected with HPV. Another 6 million people become newly infected each year.

For men, the breakdown of HPV-related health problems is as follows:

- 1 percent of sexually active adults in the U.S. have genital warts at any one time.

- 400 men will get HPV-associated penile cancer.
- 1,500 men will get HPV-associated anal cancer.
- 5,600 men will get HPV-associated oropharyngeal cancers (cancers of the back of throat, including base of tongue and tonsils).

For women, the breakdown for HPV-related health problems is as follows:

- 1 percent of sexually active adults in the U.S. have genital warts at any one time.
- 1,500 women will get HPV-associated vulvar cancer.
- 500 women will get HPV-associated vaginal cancer.
- 2,700 women will get HPV-associated anal cancer.
- 1,500 women will get HPV-associated oropharyngeal cancers (cancers of the back of throat, including base of tongue and tonsils).

Women appear to have a higher incidence of anal cancer, men a higher incidence of cancers of the throat, tongue and tonsils. I could find no reason for this difference.

What does this all cost – in lost health, lost physical appearance, lost activity level, lost income, lost lives? Lost lives means lost partners, spouses, parents, siblings and friends. Lost or literally

missed celebrations of birthdays, marriages and graduations.

With the holidays newly over, how many of us are missing shared time with a loved one lost to cancer? These are not measureable losses, not easily tabulated into dollars and cents. These losses are measureable by our tears and sadness – our remembrances.

There is a measureable cost of cancer – the cost of treatment within our health care system. This is the same health care system that is the topic of conversations among politicians in Congress, the measurement of those dollars and cents.

Roughly \$3.2 billion is spent in the U.S. each year on treatment of cancers of the head or neck.<sup>3</sup> This is a disease we have the opportunity to change through early detection. Caught early, oral cancer can have a high survival rate.

For this reason, when you come to the Siletz Dental Clinic you will get an oral cancer screening and you will be given one at each recall visit.

Awareness must be raised about the need for early detection, so tell your friends. Ask your dental professional for an oral cancer screening the next time you visit your dental office.

Have a Happy and Healthy New Year!

1 The Oral Cancer Foundation, <http://360hk6dgmEdn-cyom.mail.yahoo.net/om/api.invoke/360hk6dgmEdn/>  
 2 Ibid, p.2.  
 3 Ibid, p.1.

## Candidates Fair on Jan. 7

This year's Candidates Fair will be held Jan. 7, 2012. Hopefully the weather will be mild enough to draw Tribal members from outside of the Siletz area to attend.

The Candidates Fair will take place at Chinook Winds Casino Resort in the Mikonotunne/Nehalem room. Doors will open at 8:30 a.m. with the Candidates Fair starting promptly at 9 a.m. and ending at noon. The Candidates Fair will be mediated by the Election Board.

### Timeline/Schedule

Week of Jan. 2, 2012 – Absentee ballots mailed out and Voter's Pamphlet

Jan. 7, 2012 (9 a.m.–noon) Candidates Fair – Chinook Winds Casino Resort

Jan. 27, 2012 (4 p.m.) – Deadline to request a mail-in ballot

Feb. 4, 2012 (10 a.m.–4 p.m.) In-person Voting – Tribal Elections, Tribal Community Center, Siletz

Feb. 4, 2012 (4 p.m.) – Deadline for returning absentee ballots

If you have any questions, please contact the Election Board at 800-922-1399, ext. 1256, or 541-444-8256; or by e-mail at [elections@ctsi.nsn.us](mailto:elections@ctsi.nsn.us).