

Health Department



Events

October 4th & 18th

Girls' Group
Siletz Clinic - Behavioral Health
5:00 - 7:00 pm

October 6th

Harvest Farmer's Market Tour
Corvallis
9:00 am

October 9th, 16th, 23rd, & 30th

Ribbon Skirt Making
Clinic Shell Room
10:00 am - 1:00 pm

October 17th

Survivor Stories
Siletz Dance House
6:00 - 8:00 pm

October 25th

Diabetes Luncheon
Tribal Community Center
12:00 - 1:00 pm

October 28th






CARE Sweat Event
Siletz
Time TBA

Indigenous Pink

Breast Health

1 in 8        
women will get breast cancer in their lifetime

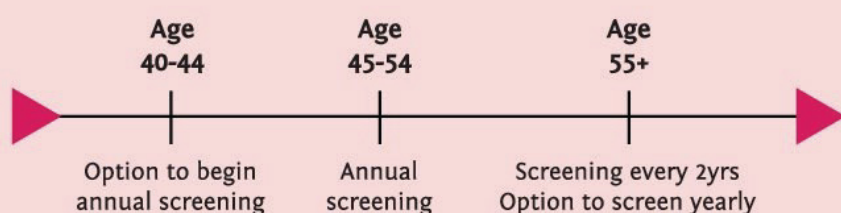
Increased Risks

-  **GENETICS**
Inherited DNA changes in genes
-  **GENDER**
Being female
-  **FAMILY HISTORY**
Mother, sister, daughter has had breast cancer
-  **BREAST DENSITY**
High density breasts
-  **AGE**
Getting older

CONTACT YOUR HEALTH CARE PROVIDER IF YOU HAVE ONE OR MORE OF THESE RISKS

Breast cancer usually has no symptoms when the tumor is small and most treatable.

Screening Guidelines/Recommendations



TALK TO YOUR HEALTH CARE PROVIDER ABOUT WHEN SCREENING IS BEST FOR YOU.



Breast cancer is the **2nd** leading cause of cancer death for **American Indian women**.
A mammogram may save your life.

What can I do?



BREASTFEED

Breastfeeding reduces estrogen exposure that helps prevent breast cancer



WEIGHT CONTROL

Overweight or obese women are at a higher risk



REGULAR MAMMOGRAMS

Women 40+ should have the option to have a mammogram once a year



EXERCISE

Exercising 3 days/week may lower your risk



LIMIT ALCOHOL USE

Alcohol can increase estrogen which can increase risk



REGULAR BREAST EXAMS

Speak to your health care provider for options



American Indian Cancer Foundation.

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 AmericanIndianCancer.org