



Siletz Community

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**GENTLE YOGA for
YOUR BENEFIT!**



**MONDAYS AT 4:30 PM
WEDNESDAYS AT 12:30 PM**

*OCTOBER 8, 2018 through NOVEMBER 28, 2018
CLINIC SHELL ROOM*

Events

November 1st & 15th

Native STAND

Siletz Clinic - Behavioral Health

5:00 - 7:00pm

November 12th

Veteran's Day

Tribal Offices Closed

November 17th

41st Annual Restoration Pow-Wow

Chinook Winds Casino Resort

November 19th

Restoration Day

Tribal Offices Closed

November 29th

Diabetes Luncheon

Tribal Community Center

12:00 - 1:00pm

What are e-cigarettes?

What are e-cigarettes? E-cigarettes are a form of Inhalant Delivery Systems (IDS). These devices typically deliver nicotine, flavorings, and other additives to users via an inhaled aerosol. These devices are referred to by a variety of names, including e-cigs, vape pens, e-hookahs, Juul, mods, tank systems and other devices that deliver a nicotine aerosol. E-cigarettes are battery-powered devices that heat up liquid into an aerosol that users then inhale. The liquid usually has nicotine, which comes from tobacco; flavoring; and other additives that are known to have adverse health affects. E-cigarette products can also be used as a delivery system for marijuana and other illicit drugs.

What are the health effects of using e-cigarettes? Scientists are still learning about the long-term health effects of e-cigarettes. Here is what we know now. Most e-cigarettes contain nicotine, which has known health effects. Nicotine is highly addictive. Nicotine can harm adolescent brain development, which continues into the early to mid-20's. Nicotine is a health danger to pregnant woman and their developing babies. Besides nicotine, e-cigarette aerosol can contain substances that harm the body. This includes cancer-causing chemicals and tiny particles that reach deep into lungs. However, e-cigarette aerosol generally contains fewer harmful chemicals that smoke from burned tobacco products.



Cancer Awareness Month for November

Cancers associated with commercial tobacco use



Pancreatic Cancer:

Pancreatic cancer is a disease in which malignant (cancerous) cells form in the tissues of the pancreas. The pancreas is a gland located behind the stomach and in front of the spine. The pancreas produces digestive juices and hormones that regulate blood sugar.



Lung Cancer: What causes lung cancer? "Smoking"

The incidence of lung cancer is strongly correlated with cigarette smoking, with about 90% of lung cancers arising as a result of tobacco use. The risk of lung cancer increases with the number of cigarettes smoked over time. But even though the risk is higher the more you smoke, there is no safe level of exposure to tobacco smoke. People who are exposed to second-hand smoke are also vulnerable to lung cancer, this includes non-tobacco users.



Stomach Cancer:

Stomach cancer begins when cancer cells form in the inner lining of your stomach. These cells can grow into a tumor. Also called gastric cancer, the disease usually grows slowly over many years.