

Health Department



January is Stalking Awareness Month

January is National Stalking Awareness Month (NSAM)! Stalking is a pattern of repeated and unwanted attention, harassment, contact, or any other course of conduct directed at a specific person that would cause a reasonable person to feel fear. Stalking is a serious, often violent crime which can escalate over time. According to the National Center for Victims of Crime, more than 85% of stalking survivors report being stalked by someone they know. 61% of female stalking survivors are stalked by current or former intimate partners.

Stalking is a prevalent crime that often co-occurs with domestic violence. Stalking can be an extension of power and control in an abusive relationship, and many abusers stalk their partners both during and after the relationship has ended. Intimate partner stalkers are the most dangerous stalkers: they are more likely to approach victims, escalate behaviors, re-offend and assault their victims. Stalking is a terrifying and psychologically harmful crime in its own

right as well as a predictor of lethality: in 85% of cases where an intimate partner attempted to murder his partner, stalking preceded the attack.

According to a National Congress of American Indians Policy Research Center report from 2013, 17 percent of American Indian and Alaska Native women reported being stalked in their lifetimes, this number is much higher than that of any other race. In comparison, eight percent of White women were reported to experience stalking in their lifetimes.

If you or someone you know has experience stalking, the CARE Program is here to help.

You can reach us at:
Office: 541-444-9680

CARE Program services are strictly
CONFIDENTIAL

24 Hour Hope Line:
541-994-5959

January is Cervical Cancer Awareness Month

Cervical Health Awareness Month is a chance to raise awareness about how women can protect themselves from HPV (human papillomavirus) and cervical cancer. HPV is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer. Cervical cancer is a disease where abnormal cells grow on the cervix.

About 79 million Americans currently have HPV. Many people with HPV don't know they are infected. And each year, more than 11,000 women in the United States get cervical cancer.

So what can you do?



1. Get vaccinated

- The human papillomavirus (HPV) vaccine is recommended for everyone ages 9-26 to protect against HPV cases that may result in cervical cancer.

2. Practice smart sex

- Use protection and communicate with your sexual partners! Anyone who has ever had anal, vaginal, or oral sex can get HPV.

3. Quit smoking



- Smoking impairs the immune system, making it difficult for the body to fight HPV infection.

4. Get screened

- Cervical cancer is highly curable when detected and treated early.



American Indian women are nearly 2X more likely to develop cervical cancer than white women.

Screening Tests

- ▶ **PAP TESTS** look for cell changes on the cervix during a pelvic exam. Regular Pap tests are the **ONLY** effective way to find cancer early.
- ▶ **HPV TESTS** look for HPV that can cause cell changes that may lead to cervical cancer.

When should I get screened?

21-29
Pap test every 3 years

30-65
Two options:
1) Continue Pap test every 3 years OR
2) Pap test AND HPV test every 5 years

65+
Talk to your health care provider

THESE ARE SCREENING GUIDELINES FOR AVERAGE-RISK WOMEN WITH NORMAL TEST RESULTS. TALK TO YOUR HEALTH CARE PROVIDER ABOUT GUIDELINES WITH ABNORMAL TEST RESULTS.

Abnormal Pap? Don't panic!

An abnormal Pap test is not a diagnosis of cervical cancer. Follow up with your health care provider to discuss your screening results and recommendations.

American Indian Cancer Foundation.

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