



Siletz Community

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HEALTHY TRADITIONS AND COMMUNITY HEALTH INVITES SILETZ TRIBAL MEMBERS AND THEIR FAMILIES TO



HERBAL MEDICINE MAKING CLASS
ALL MATERIALS PROVIDED
CLASS WILL BE HELD AT THE HEALTH CLINIC
5-7PM—MEAL PROVIDED

Thursday March 7, 2019

Session A: Food As Medicine

Thursday March 21, 2019

Session B: Topical Herbal Medicine Making

Thursday April 4, 2019

Session B: Food As Medicine

Space is limited to 1 adult per household,
reserve your spot today!

541-444-9613

Events

March 5th & 19th

Siletz Swims
Greater Toledo Pool
1:00-2:00 pm

March 7th & 21

Native STAND
Siletz Clinic - Behavioral Health
5:00 - 7:00 pm

March 13th

SCHC Blood Drive
Siletz Clinic - Shell Room
10:00 am - 3:00 pm

March 28th

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

History—Revolutionary War also known as “The Tobacco War”



Tobacco helps finance the Revolution by serving as collateral for the loan Benjamin Franklin won from France--the security was 5 million pounds of Virginia tobacco. George Washington once appealed to his countrymen for aid to the army: "If you can't send money, send tobacco." During the war, it was tobacco exports that the fledgling government used to build up credits abroad. And, when the war was over, Americans turned to tobacco taxes to help repay the revolutionary war debt.

Tobacco Related Cancers for the Month of March

Kidney Cancer: *Cancer* is a disease in which cells in the body grow out of control. When cancer starts in the kidney, it is called *kidney and renal pelvis cancer*. It can also be called *renal cell cancer* as that is the most common type of kidney and renal pelvis cancer.

What Causes Kidney and Renal Pelvis Cancers? Smoking is the most important risk factor for kidney and renal pelvis cancers. Other risk factors include; Being obese; Taking certain pain medicines for a long time; Having high blood pressure; It is not known whether the increased risk is due to high blood pressure itself or the medicines used to treat it; Having certain genetic conditions; Being exposed to a chemical called trichloroethylene, which is used to remove grease from metal.

Colorectal Cancer: *Cancer* is a disease in which cells in the body grow out of control. When cancer starts in the colon or rectum, it is called *colorectal cancer*. Sometimes it is called *colon cancer*, for short.

Lifestyle factors that may contribute to an increased risk of colorectal cancer include: Lack of regular physical activity; A diet low in fruit and vegetables; A low-fiber and high-fat diet; Overweight and obesity; Alcohol consumption; Tobacco use.