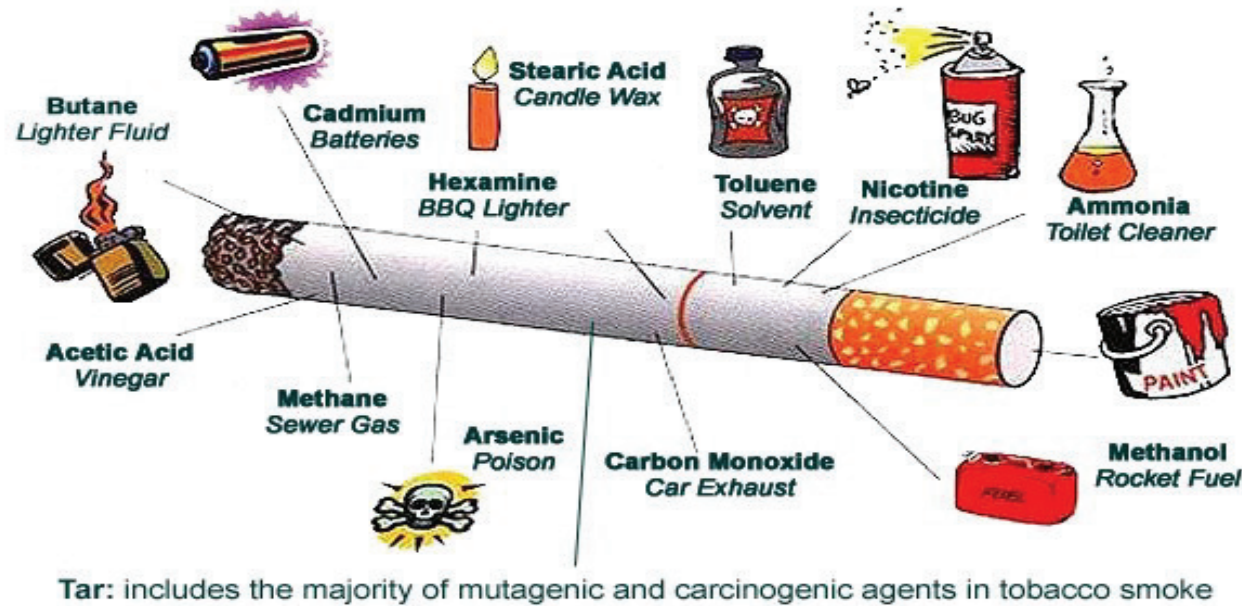




Siletz Community

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Tobacco: More than just Nicotine



Tobacco Related Cancers for the Month of April

Esophageal Cancer: Esophageal cancer is cancer arising from the esophagus—the food pipe that runs between the throat and the stomach. Symptoms often include difficulty in swallowing and weight loss. Other symptoms may include pain when swallowing, a hoarse voice, enlarged lymph nodes ("glands") around the collarbone, a dry cough, and possibly coughing up or vomiting blood.

Causes: The two main types (i.e. squamous-cell carcinoma and adenocarcinoma) have distinct sets of risk factors. Squamous-cell carcinoma is linked to lifestyle factors such as smoking and alcohol. Adenocarcinoma has been linked to effects of long-term acid reflux. Tobacco is a risk factor for both types. Both types are more common in people over 60 years of age.

Quit line: 1-800-QUIT-NOW

SILETZ SWIMS

The Siletz Community Health Department invites you to join us at the Greater Toledo Pool; to take advantage of the health benefits of swimming. We have reserved the Greater Toledo Pool for the exclusive use of adult Siletz Tribal Members. Our reserved time is from 1:00pm to 2:00pm; every other Tuesday. **Reserved dates are:**

Tuesday, April 2nd

Tuesday, April 16th

Tuesday April 30th

Tuesday, May 14th

Tuesday, May 28th



There is no charge to swim during these reserved dates and times. You do not need to preregister; just check in with pool staff and let them know you are a Siletz Tribal Member. **You must be 18 years of age or older.** There will be no formal class or instruction; we are free to move and exercise as we please. Lifeguards are on duty and swim floats and kickboard are available. For more information please contact: Amy, CHA I at 541.444.9652 or Hannah, CHA I at 541.444.9613. Transportation is being provided to Tribal Elders.

Health Benefits of Swimming

Swimming is an ideal workout, mainly because it presents little risk of injury and is low impact. Water exercises work out all the muscle groups in the body. Here are just a few of the health benefits swimming offers:

- Improves heart health. It will also lower your blood pressure, improve your circulation and help reduce the risk of heart and lung disease.
- Easy on the joints for those who suffer from joint pain and discomfort. It's a full-body workout that keeps the pressure off your hips, knees and spine.
- Swimming can improve bone mineral density (BMD), which will help fight osteoporosis.
- Increases flexibility, the act of swimming can increase flexibility in your hips, legs, arm and neck. It can also help improve your posture and alleviate back pain.
- Improve muscle strength and tone. Swimming is a great form of resistance training and can help improve your muscle strength.
- Swimming is a great way to reduce stress levels and boost your mood.