



## Siletz CARE Program

### Women's Trauma Support Group

A safe-space support group for women who would like to begin the process of healing from trauma.

*Community members welcome ~ age 18 and up*



Questions?  
Call the CARE Program  
541-444-9680

Wednesdays • 5:30-7pm • Siletz Health Clinic • Behavioral Health Room

NOVEMBER IS  
NATIONAL  
DIABETES  
MONTH

WEAR BLUE EVERY TUESDAY TO SUPPORT NATIONAL  
DIABETES MONTH!

REMEMBER TO HAVE YOUR 10 RECOMMENDED DIABETES CHECKUPS!

10 checks  
Every  
Diabetic Should  
Get!

1. A-1-C blood glucose test (This lab test should be done every 3 to 6 months. It is different from blood testing you do yourself. The A-1-C tells what your blood glucose has been during the last few months.)
2. Blood pressure (at every office visit)
3. Blood test to measure "good" cholesterol, "bad" cholesterol, and triglycerides in your blood (once a year)
4. "Dilated" eye exam to see if the blood vessels inside your eye are healthy (once a year)
5. Urine test to see if your kidneys are healthy (once a year)
6. Complete foot exam to see if the blood circulation, nerves, and skin in your feet are healthy (a complete exam once a year, a brief foot exam at every office visit)
7. Exam of your gums and teeth (every 6 months)
8. Weight (at every office visit)
9. Flu shot (at the beginning of flu season every Fall)
10. Pneumococcal vaccination (ask your doctor if you need it)

ARE YOU UP  
TO DATE?

To schedule an appointment for your  
examinations contact the clinic at:

541-444-1030