



Siletz Community

**UNDERSTANDING
ALZHEIMER'S AND DEMENTIA**

An education program presented by the Alzheimer's Association®



**ALZHEIMER'S IS NOT
NORMAL AGING.**

It's a disease of the brain that causes problems with memory, thinking and behavior.

Join us to learn about:

- » The impact of Alzheimer's.
- » The difference between Alzheimer's and dementia.
- » Alzheimer's disease stages and risk factors.
- » Current research and treatments available to address some symptoms.
- » Alzheimer's Association resources.

Time: 5:00 PM - 6:30 PM
Date: Tuesday, February 25th, 2020
Location: Siletz Community Health Clinic - Shell Room
For more information, call Amy at 541-444-9652 or Hannah at 541-444-9613.

Visit alz.org/CRF to explore additional education programs in your area.

alzheimer's association®

Events

Every Tuesday

Siletz Swims

Greater Toledo Pool

12:00 - 1:00pm

Every Wednesday

Youth Game Night

Siletz Valley Library

4:00 - 6:00pm

Every Wednesday

Women's Trauma Support Group

Behavioral Health Group Room

5:30 - 7:00pm

Every Thursday

LGBTQ Youth Group

Siletz Clinic Yurt

3:30 - 5:00pm

February 27th

Wellness Luncheon

Tribal Community Center

12:00 - 1:00pm

February is American Heart Month

So how does smoking affect the Heart? Lets start this conversation off with one (1) of the 7,000 chemicals found in cigarette smoke, "carbon monoxide".

What is carbon monoxide (CO)?

Carbon monoxide (CO) is a colorless, odorless, poisonous gas. CO, tar and nicotine are the main constituents of tobacco smoke. All represent some risk to your health. Carbon monoxide mainly affects the lungs, heart, and blood vessels.

If I cut down on smoking, will this reduce my breath CO by an equivalent amount?

Probably not. A smoker may smoke fewer cigarettes, but will require the same amount of nicotine. Thus, you may smoke a smaller number of cigarettes more aggressively. As a result, you may continue to receive a similar amount of CO.

How does carbon monoxide (CO) harm my body?

When tobacco smoke is inhaled into the lungs, CO passes through the lining of the lungs into the blood, where it becomes attached to the hemoglobin (Hb) - the oxygen carrier on red blood cells. These red blood cells normally carry oxygen, however, their chemical attraction to CO is greater than oxygen. So, any CO in the blood pushes out oxygen, forming Carboxyhemoglobin (%COHb), thus putting extra strain on the heart.

Heart problems caused by carbon monoxide

Heart: To compensate for the shortage of oxygen, the heart has to work harder to get enough oxygen to all parts of the body. The heart itself gets less oxygen, increasing the risk of heart damage.

Circulation: COHb causes the blood to thicken and the arteries to get coated with a thick, fatty substance. This causes high blood pressure and circulation problems, with increased risk of stroke and heart attack.

If you smoke, would you like to know what your CO level is?

If so, stop by Community Health at the Siletz Community Health Clinic and have your CO level measured. Using a CO monitor is super quick and easy, you will have your results before you know it.

Commercial Tobacco Quitline 1-800-QUIT-NOW

AI/AN Line now available 1-800-784-8663 (option 7)