

Health Department



BOOK CLUB

With the Siletz CARE Program & Prevention



Virtual book club for youth age 12-18 with an emphasis on empowerment and social justice issues.

Once you have registered, we will have your book shipped to your house. We will meet up every Thursday at 3:30pm on Zoom to talk about what we have read and our thoughts on the book and the topics we are learning about.

Zoom Meetups Thursdays at 3:30pm

If you are interested in joining this group please email Kira Woosley: kiraw@ctsi.nsn.us to request a registration form

If you or someone you love has experienced domestic violence, sexual violence, dating violence, stalking, human trafficking, elder abuse or any other type of interpersonal violence - the CARE Program is here to help. Our goal is to empower victims and survivors of violence by encouraging self-determination and self-sufficiency. We offer direct and support services and meet survivors wherever they are at in their trauma recovery journey. CARE Program staff all have specialized training in trauma-informed care and all services are highly confidential.

CARE Program Office: 541-444-9680

24-Hour Hope Line: 541-994-5959

End Colon Cancer in Indian Country

What is colon cancer?

A disease in the large intestine (colon) and rectum. Most colon cancers start as small noncancerous clumps of cells called polyps. Without treatment, polyps may turn cancerous.

What can I do?



QUIT SMOKING



EAT FRUITS & VEGGIES



WEIGHT CONTROL



GET SCREENED



EXERCISE



LIMIT ALCOHOL USE

Screening tests

Colon cancer screening for American Indians is recommended for those ages 45-75

STOOL-BASED TESTS

- Looks for blood in the stool
- Take test at home every 1-3 years
- Mail or return to clinic
- If positive, must have colonoscopy

VISUAL TESTS

- Looks directly in the colon
- Test is done at a medical center
- Colonoscopy can prevent cancer by removal of polyps during test

Talk to your health care provider about when screening is best for you.