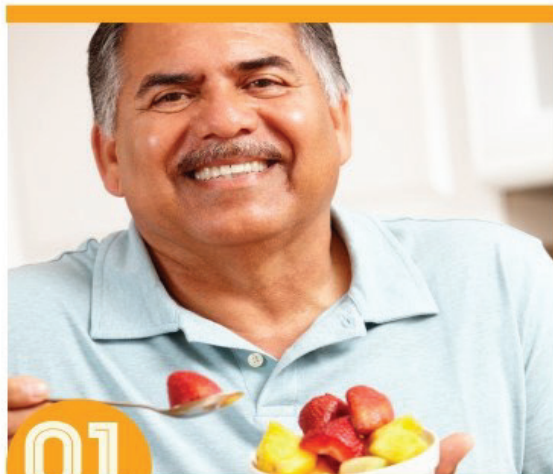




Siletz Community

JUNE IS MEN'S HEALTH MONTH

awareness | prevention | education | family



01

Eat Healthy. Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.

1 in 2

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.



02

Get Moving. Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

88.9

In 2010, there were 88.9 men for every 100 women in the age group 65-69.



03

Make Prevention a Priority. Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventative services.

Health Benefits of Quitting Smoking

- **20 Minutes after quitting**—Your heart rate drops. (CDC)
- **12 hours after quitting**—Carbon monoxide levels in your blood drops to normal. (CDC)
- **A few months after quitting**—Your sense of smell and taste may improve. (National Cancer Institute)
- **2 weeks to 3 months after quitting**—Your heart attack risk begins to drop. Your lung function begins to improve. (CDC)
- **1 to 9 months after quitting**—Your coughing and shortness of breath decreases. (CDC)
- **1 year after quitting**—Your added risk of coronary heart disease is half that of a smoker. (CDC)
- **5 years after quitting**—Your stroke risk is reduced to that of a nonsmoker, 5-15 years after quitting. (CDC)
- **10 years after quitting**—Your lung cancer death rate is about half that of a smokers. Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases. (CDC)
- **15 years after quitting**—Your risk of coronary heart disease is back to that of a nonsmoker. (CDC)

Commercial Tobacco Quitline 1-800-QUIT-NOW

AI/AN Line now available (option 7) 1-800-784-8669

June is National Cancer Survivor Month

National Cancer Survivors Day was established to recognize those who have successfully fought or are in the process of fighting the disease. It would not be surprising to find out that each one of us knows a person who has either succumbed to cancer or is currently battling the disease. That is simply how prevalent the disease has become, alarmingly affecting the lives of millions of Americans. This month of June, we take time to celebrate National Cancer Survivor Month as these brave survivors have managed to prevent the disease from taking their lives and deserve all the praise and support they need to get on with their lives after cancer.

Who Exactly are These Survivors? Experts from the American Cancer Society and the National Cancer Institute defines a cancer survivor as any individual who has been diagnosed with cancer and remains alive and well. This includes patients who are currently undergoing treatment, as well as those who have finished treatment and are considered cancer-free.

The Good News Thanks to a number of treatment options in both conventional and holistic cancer treatment, people are living longer lives after a cancer diagnosis.