



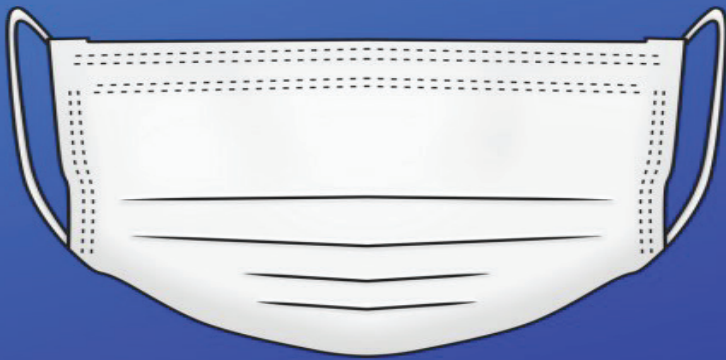
Siletz Community

Find us on Facebook! Siletz Community Health Department

Events

**The Resource Line is still here for you!
541-444-9613**

Need to know your resources while you isolate or quarantine? Sanitation supplies available as well!
We are here for you!



**Virtual Film and Education on Human Trafficking
January 19, 2022 - 5:30 pm**

**Virtual Talking Circle
January 20, 2022
5:30pm**

**Virtual Book Club
Every Wednesday
At 3:30pm**

Happy New Year

As we start off the New Year (2022), several people will make a resolution, whether it's exercising, eating healthier, taking a vacation, going back to school, quit smoking, etc. Many of these resolutions will require a change in lifestyle, for example, eating more fruits and vegetables, working on portion control during meals, going to the fitness center or incorporating more physical activities into your routine.

If you are looking to quit smoking, here are a few tips to help with your success:

1. Make a list of the reasons why you want to quit smoking.
2. Choose a method, whether it be cold turkey, tapering, using an app or a texting program, or nicotine replacement therapy (NRTs). If you need assistance or have a question, contact the Tobacco Prevention coordinator at 541-444-9682.
3. Set a quit date. Pick a day that works for you, not a day that will be too stressful. Write it down and commit to it.
4. Let your family and friends know you are quitting and ask them to support you on your new journey. Let them know you may need to contact them when you're going through a rough time.
5. Reward yourself. Use the money you will save on cigarettes and treat yourself to the new you. You can buy yourself something small and frequently, or save up and get something nice. **You deserve it.**

Cancers associated with commercial tobacco use for January

Cervical Cancer:

Cervical cancer occurs when the cells of the cervix grow abnormally and invade other tissues and organs of the body. When it is invasive, this cancer affects the deeper tissues of the cervix and may spread to other parts of the body (metastasis), most notably the lungs, liver, bladder, vagina and rectum.

There are two main types of cervical cancer: squamous cell carcinoma and adenocarcinoma. Each one is distinguished by the appearance of cells under a microscope.

Squamous cell carcinomas begin in the thin, flat cells that line the bottom of the cervix. This type of cervical cancer accounts for 80 to 90 percent of cervical cancers.

Adenocarcinomas develop in the glandular cells that line the upper portion of the cervix. These cancers make up 10 to 20 percent of cervical cancers.

Commercial Tobacco Quitline 1-800-QUIT-NOW