



Siletz Community

Find us on Facebook! Siletz Community Health Department

Health Benefits of Quitting Smoking

- 20 Minutes after quitting —Your heart rate drops. (CDC)
- 12 hours after quitting — Carbon monoxide levels in your blood drop 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)

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 define 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.

**SILETZ COMMUNITY HEALTH
RESOURCE LINE**

RESOURCE PHONE NUMBER 541-444-9613

200 GWEE SHUT ROAD, SILETZ for pick up of supplies

Please call the community health resource line for COVID supplies; this includes...

Masks (surgical, KN95, and N95), face shields, gloves, hand sanitizer, Clorox wipes, first aid kits, thermometers and home COVID test kits.

If you test positive, please call this number. Additional resources are available, such as pulse oximeter used to check oxygen level in COVID positive patients at higher risk of complications.



Commercial Tobacco Quitline 1-800-QUIT-NOW
AI/AN Line now available (option 7) 1-800-784-8669

**Harm Reduction A
Radical Act Of Love**

Narcan Saves Lives

Free Confidential Services Brought to You
By People Who Care
Shawnee Lacewell (541)270-6732
Sheila Aviles (541)272-9083



Transportation Program

The program provides non-emergency medical transportation for Siletz tribal members in the 11-county service area.

To request a transport, please call Richard Faber at 541 444-9633.



**ALL REQUESTS MUST
BE MADE 48 HOURS
AHEAD OF TIME**