

Health Department



Our Clinic Wants Our DIABETICS HEALTHY

Patients are eligible for a Pendleton coffee mug when they complete their first appointment!

Regular check-ups and screenings are an essential part of staying healthy and managing diabetes!

Call the clinic today to make your appointment!

541-444-1030

SILETZ HEALTH CLINIC DIABETICS WHO COMPLETE ALL OF THEIR SCREENINGS ARE ENTERED INTO A RAFFLE* AT THE END OF THE YEAR!

To qualify, you must receive your primary care at the Siletz Community Health Clinic.

*the drawing takes place on 1/2/25. Winner will receive a two night stay at the Chinook Winds Casino with buffet tickets for two.



Cholesterol Check



Eye Exam
Ophthalmology



Medical
Foot Check



Dental



Blood Pressure



Glucose Urine Test



A1C

If you have any questions, please reach out to Heather Warren at 541-444-9668 or HeatherW@ctsi.nsn.us

Be Thankful To Yourself, Get Tested

November 7th & 20th
Free HIV/Syphilis testing
Down Stairs Siletz Clinic
@2:00PM-3:30PM

COMMERCIAL TOBACCO BUDGET

	Cost	# Week	Cost/Week	Cost/Month	Cost/Year
1 pack cigarettes	\$				
1 pack cigars	\$				
1 can/tin of dip/chew/snus	\$				
1 bottle vape liquid	\$				
1 vape cartridge/pod pack	\$				
1 vape pen	\$				
Example: 1 pack cigarettes	\$12	7	12 x 7 = \$84	84 x 4 = \$336	84 x 12 = \$1,008
			Cost x #/Week	Cost/Week x 4	Cost/Week x 12

What could you be doing with all that money? Buy myself a brand new _____ ! Take a trip to _____ !

Siletz Community Health
Department



Alex Lane

Commercial Tobacco Cessation Services

541-444-9682

AlexH@ctsi.nsn.us

Monday—Friday, 8am-2:30pm

CULTURE IS PREVENTION



• 1-on-1 Counseling

• Nicotine Replacement Therapy

• Creating a Personalized Quit Plan

• 24/7 Support, 1-800-QUIT-NOW
(1-800-784-8669) and Press 7

