

that often develop silently. Conditions such as high blood pressure, diabetes, and high cholesterol and even cancer.

Catching these issues early can make treatment easier and more effective. It's also an opportunity to update vaccinations, review medications, and discuss lifestyle changes or mental health concerns. Think of it as setting your health goals for the year with expert guidance that is in your corner.

Eye health is just as important. Many vision problems, including glaucoma and cataracts, progress without noticeable symptoms until significant damage has occurred. An annual eye exam can detect these conditions early and help doctors preserve your sight. Eye doctors can also spot signs of systemic health issues like diabetes and high blood pressure. For children, clear vision is essential for learning, and for adults, regular exams help manage digital eye strain in our screen-heavy world.

Dental visits often get pushed aside, but they play a critical role in overall health. Regular cleanings prevent cavities and gum disease, and dentists can identify oral cancer and other serious conditions before they become advanced. Oral health is closely linked to heart disease and diabetes, making those twice-yearly cleanings more important than ever. Plus, a healthy smile boosts confidence and keeps your breath fresh.

Regular well-child visits are essential for monitoring a child's physical, emotional, and cognitive development. These appointments allow healthcare providers to track growth milestones, administer vaccinations, and screen for conditions

that may not be obvious to parents. Early detection of health issues can make a significant difference in a child's long-term well-being.

For example, vision screenings during these visits can identify problems that might otherwise go unnoticed. A child who struggles to see the board clearly in class may fall behind academically and experience frequent headaches, impacting both learning and quality of life. Similarly, hearing checks can uncover issues that affect speech development and social interaction.

Well-child visits also provide an opportunity to catch developmental delays or chronic conditions early. A toddler's checkup might reveal concerns with motor skills, speech, or nutrition that require intervention. Addressing these issues promptly can prevent complications and support healthy growth. These visits are not just about treating illness, they are about building a strong foundation for the lifelong health of your children and the future generation of Siletz Tribal Members.

January is the perfect time to schedule these appointments. The start of the year is a natural reset point, making it easier to remember and plan ahead. Many insurance plans cover preventive care at no cost, and booking early ensures you take advantage of those benefits before they reset. By making these visits part of your annual routine, you create consistency and reduce the risk of missed appointments.

Don't wait for symptoms to appear. Use the momentum of the New Year to book your physical, eye exam, and dental visit. These simple steps can help you stay healthy, prevent serious problems, and start the

year feeling your best. Your future self will thank you.

Preventive screenings go beyond the annual physical. Blood tests can uncover early signs of anemia, thyroid disorders, and vitamin deficiencies that impact energy and mood. Screenings for common illness that run high in Indigenous people like, high cholesterol and blood sugar, help prevent heart disease and diabetes before they become life-threatening.

Chronic disease management is another critical area of focus. For individuals already diagnosed with conditions like hypertension or asthma, regular check-ins ensure medications are working effectively and adjustments are made promptly. This proactive care reduces complications and hospital visits.

Mental health deserves equal attention. Stress, anxiety, and depression often go unnoticed until they interfere with daily life. Annual visits provide a safe space to discuss emotional well-being and access resources such as counseling or support groups. Addressing mental health early can improve overall quality of life.

Nutrition and lifestyle habits are foundational to health. Providers can offer personalized advice on balanced diets, physical activity, and sleep hygiene. Small changes—like reducing sugary drinks or adding 20 minutes of light daily exercise can have long-term benefits for weight management and heart health.

For families, these visits are an opportunity to model healthy behaviors for children. When kids see parents prioritizing checkups, they learn that preventive care is normal and important. This creates lifelong habits that reduce risks and promote resilience.

If you're a patient at the Siletz Community Health Clinic and wish to schedule your annual health visit, an eye exam or a dental exam – please call our line at 541-444-1030 and follow the phone tree to the department you need to speak with. Please follow the Siletz Health Clinic on Facebook, for all health related activities including Diabetes prevention, domestic and sexual violence advocacy, drug and alcohol recovery, as well as behavioral health assistance.



**The Siletz Tribe and CLEAR Clinic**

**Free Legal Clinic**  
Hosted by The Confederated Tribes of Siletz Indians

**When: January 16**    **Where: 200 Gwee-Shut Rd., Siletz, OR 97380**  
**10:00 am – 2:00 pm**

**SERVICES PROVIDED:**

- Criminal Record Expungement
- Motions to Waive Court Fines/Fees
- Eviction Record Expungement
- Name/Gender Marker Changes
- SB 819 Evaluations

**Additional Info and Legal Services:**  
<https://clear-clinic.org/>




**2025-2026 CTSI College Information Nights**

**Sponsored by the Education Department**      **6PM VIA ZOOM**

Topics include: Financial Aid (FAFSA); Oregon Tribal Student Grant; Tribal funding; Meet representatives from colleges here in Oregon and across the nation and more!

★	College Information Night II	01/22/2026
	@ 6PM via Zoom	
★	College Information Night III	04/23/2026
	@ 6PM via Zoom	

<https://us06web.zoom.us/j/84122330814>

Meeting ID: 841 2233 0814  
Passcode: 380189

**Contact an Education Specialist to Sign Up!**

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