

Breast & Cervical Cancer

From: Mary Loy

In March I was appointed to the NPAIHB, Women's Health Promotion Program. Our focus is to promote awareness to Breast and Cervical Cancer and to reach out to our communities.

It is an honor to represent our Tribe, and be a part of the planning. I would like to share our vision and also to provide a resource through the Komen Foundation and through our clinic.

Facts about Breast Cancer

Breast cancer is the leading cause of death of women, from all causes, between the ages of 35-54.

Mammography is the best known method of early detection. The number of women who have ever had a mammogram increased to 74% in 1992, from 64% in 1990. However, only 41% of women follow recommended screening guidelines. The mortality rate would decrease by 30% if every woman followed these screening guidelines.

Although screening rates are going up among women of all ages, younger women (aged 40-59) are most likely to take advantage of mammography screening. However, among black women, the screening rates have remained unchanged.

There is no known cure for advanced breast cancer. Detection of breast at an early stage strongly influences the success of treatment. When the disease is localized, 5-year survival is 92%. Early detection and modern therapy with surgery, drugs, hormones, and radiation can cure many patients.

75% of all breast cancers occur in women with no known risk factors. All women are at risk; and one's risk increases with advancing age.

The mortality rate for black women is 10% higher than for white women, despite the fact that the breast cancer incidence rate for black women is 17% lower than for white women.

More than 1.7 million American women with a history of breast cancer are alive today.

A Vision for Oregon

We envision an Oregon where all women are able to be screened for breast or cervical cancer at the earliest possible stage—where those who are diagnosed with cancer are able to receive prompt and affordable treatment and are able to lead full lives.

We envision an Oregon where all women are active partners in a statewide prevention-oriented health care system that is integrated, comprehensive, and inclusive.

Komen Free Mammography Program Qualification Criteria

Person Must Meet Criteria In each Section to Qualify

Age: 40 or over
Under 40 with a family history or current Breast Problem.
If under 35, a Doctor's referral is also required.

Family Size	Gross Monthly Income
1	Under \$1453
2	Under \$1965
3	Under \$2478
4	Under \$2990
5	Under \$3503
6	Under \$4015
7	Under \$4528
8	Under \$5040

If a woman's income is NEAR the guidelines, we won't deny her a mammogram.

Not Currently Pregnant or Nursing

Has Had A Breast Examination Within The Last 12 Months

The Siletz Health Clinic does not have Mammography equipment. Cases are referred out.

Learning Resource Library

The Learning Resource library will be ready to open soon. All types of health information will be available on CD-ROM, videos, audio tape, books, and magazines. Some of the topics are cardiovascular disease, diabetes, pregnancy, AIDS, and weight loss management just to name a few. Our goal is to provide resources to increase the awareness and promote wellness in our community.

Our Resource Library will be available for use by our clients, providers, and staff. Hours and scheduling will be posted at a later date.

Optometry

Dr. Sherer O.D. has started fitting clients for contact lenses. He provides helpful information for contact lens wearers, and a daily wear schedule. If you have any questions about Optometry please call Mary Loy at 444-1030. Dr. Sherer will be taking appointments on Thursdays throughout September, schedule is subject to change. Hours 10:00 a.m. to 2:30 p.m. Glasses are available for dispensing by contacting Mary Loy at the Clinic.



TOOTH TALK

By: Linda Kreutzer, RDH
Siletz Community Health Clinic

"HIDDEN-SUGARS" IN FOODS

It's amazing to realize that 9 teaspoons of sugar are in one can of Pepsi! Take a minute to measure that out in a clear glass, teaspoon-by-teaspoon. Hawaiian Punch has 11 teaspoons of sugar in a 12 oz. glass. Tang has 11 teaspoons also. Kool-Aid has 9 teaspoons of sugar in a 12 oz. glass. Let's talk about sweetened cereal. In 1 1/2 cups of Sugar Smacks, 8 teaspoons of sugar is "hiding". Most kids pile sugar on top of their cereal. Let's assume that a child has a glass of Tang (11 teaspoons), 1 1/2 cups of cereal (8), and extra sugar on top (4). That makes 23 teaspoons of sugar just for one breakfast. No wonder a lot of kids are "hyper". That's what a lot of sugar does to the body. Not to mention rotting teeth.

Our bodies need real food. Orange juice is much better than orange pop. ANY KIND of fruit juice is much better than artificially flavored drinks like Hawaiian Punch or Tang. Real fruit juice does contain sugar, but in the form of Fructose. Fructose is a different kind of sugar, in a more a natural form than table sugar (Sucrose).

Amounts of sugar we eat adds up. Not only can too much sugar cause decay of our teeth, too much sugar can contribute to our bodies metabolism being out of balance, increasing our risk of developing diabetes in time.

It takes practice learning how to look at "HIDDEN-SUGARS", keeping a count of how all the sugar we eat adds up so quickly.



Is It an Emergency?

You don't want to make a fuss over minor, passing discomforts, but how do you know if something serious is involved? Sometimes it's difficult to tell. But according to the Center for Corporate Health Promotion, you should seek immediate medical attention in any of these situations: fainting, active bleeding, stupor or drowsiness, disorientation, shortness of breath, cold sweats, severe pain, seizures or convulsions.

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