



HEALTH & WELLNESS NEWS

Breast cancer: What you need to know

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called breast cancer. Except for skin cancer, breast cancer is the most common cancer in American women.

Breast cancer screening means checking a woman's breasts for cancer before she has any symptoms. A mammogram is an X-ray picture of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

Most women who are 50 to 74 years old should have a screening mammogram every two years. If you are 40 to 49 years old, or think you may have a higher risk of breast cancer, ask your doctor when to have a screening mammogram.

Some things may increase your risk

- Being younger when you had your first menstrual period;
- Never giving birth, or being older at the birth of your first child;
- Starting menopause at a later age;
- Using hormone replacement therapy for a long time.

Other risk factors

- Getting older;
- A personal history of breast cancer, dense breasts or some other breast problems;
- A family history of breast cancer (parent, sibling or child);
- Changes in your breast cancer-related genes (BRCA1 or BRCA2);
- Getting radiation therapy to the breast or chest;
- Being overweight, especially after menopause.

Warning signs of breast cancer are:

- A lump or pain in the breast;
- Thickening or swelling of part of the breast;
- Irritation or dimpling of breast skin;
- Redness or flaky skin on the breast;
- Pulling in of the nipple or pain in the nipple area;
- Fluid other than breast milk from the nipple, especially blood;
- And a change in the size or shape of the breast.

Other conditions can cause these symptoms. If you have any signs that worry you, call your doctor right away.

More information: www.cdc.gov/cancer/breast/.

Don't get caught without your medication

Grand Ronde Health & Wellness Center Pharmacy hours:
8:30 a.m. to 5:30 p.m.; closed 12:30 to 1:30 p.m.
Monday, Tuesday, Wednesday and Friday.
9:30 a.m. to 5:30 p.m.; closed 12:30 to 1:30 p.m. Thursday.
REFILL LINE: 503-879-2342

If you have diabetes, take care of yourself by getting a flu shot

If you have diabetes, getting the flu can give you more than aches and pains. It can mean being sicker for a longer time. You might have to go to the hospital. It is even possible to die from the flu. This is because, when you have diabetes, your body's flu-fighting system may not be as strong.

What is the flu?

The flu is an illness that spreads from person to person. It is different than a cold. The flu may give you:

- Headaches and/or body aches;
- A 100-degree fever;
- A cough and/or sore throat;
- A runny or stuffy nose;
- Chills;
- Tiredness;
- Nausea, vomiting and/or diarrhea.

Get a flu shot every year.

The types of flu change from year to year. To protect yourself, get a flu shot every year. The fall season is the best time to get your flu shot.

You won't get the flu from a flu shot

The flu shot does not contain a "live" flu virus, so it cannot give you the flu. Some people may get flu-like symptoms for a few days after the shot, but this is not the flu.

You may still catch the flu later, even if you had a flu shot. But the shot will help because you won't get as sick. You will be less likely to go to the hospital.

Your family needs flu shots, too.

The flu spreads very quickly from person to person, so all family members need flu shots. Anyone over the age of six months can get one. Ask your family members to get their flu shots. It will help keep them from getting sick. They will be protecting you and other family and community members who have diabetes and other health conditions.

Contact your help provider about getting a flu shot.

Source: IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov.

Flu shots available at the Health and Wellness Center

Check-in with Patient Registration for a flu shot anytime between 8 and 11 a.m. and 1 and 4 p.m.

You can help him get the sleep he needs.



At 5 years old, he needs about 11-12 hours of sleep a day. Getting enough sleep will help him be happier and healthier.

Produced by the IHS Division of Diabetes Treatment and Prevention,
www.diabetes.ihs.gov



Grand Ronde Dental Clinic

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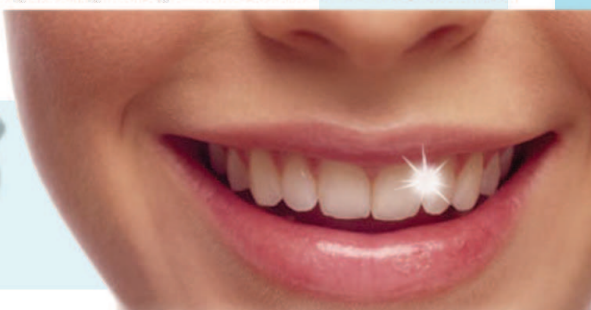
Mon, Tues, Wed and Fri

8 A.M. - 5 P.M.

Thursday 9:30 A.M. - 5 P.M.

Closed for lunch 12:30 A.M. - 1:30 P.M.

Emergency Hour: Mon, Tues, Wed, Fri 8 A.M. Thurs 9:30 A.M.



Please call for more information about Emergency times
We now offer Cleaning appointments 5 days a week

503-879-2020