



HEALTH & WELLNESS NEWS

Application assister sets Portland date

A certified application assister will be at the Tribal Portland office, 4445 S.W. Barbur Blvd., from 10 a.m. to 2 p.m. Wednesday, May 17. For appointments, contact Leah Bailey at 503-879-2197 or leah.baily@grandronde.org.

OHSU sets May 8 diabetes presentation

Oregon Health & Science University Physician Assistant Program will present "Diabetes Awareness - Understanding and Preventing Diabetes" from 3 to 4 p.m. Monday, May 8, in the Tribal Community Center, 9615 Grand Ronde Road. Come explore the common causes, treatments and preventions of diabetes.

Presenters will discuss how to recognize your risk for diabetes, help your family and friends living with diabetes, and find out how you can prevent yourself from developing adult-onset diabetes.

Food and beverages will be provided. There will be an approximately 30-minute presentation with 10 minutes of question and answer.

For questions about this event, contact Tashina Blair, Charge Nurse/Diabetes Program coordinator at the Grand Ronde Health & Wellness Center, 503-879-1392.

May is Stroke Awareness Month

U.S. Stroke Facts

- There are **700,000** strokes annually and **163,000** stroke deaths.
- It's the **No. 3** cause of death, after heart disease and cancer.
- About **88%** of strokes are ischemic, caused by clots or blockage; about **12%** are hemorrhagic, caused by bleeding in or near the brain.
- Hemorrhagic strokes tend to be more lethal: **37% to 38%** result in death after 30 days compared with **8% to 12%** of ischemic strokes.

Sources: American Stroke Association; American Heart Association; the journal Stroke

ACT FAST NOW

Stroke – there's treatment if you act FAST.



Are you frustrated with your diabetes control?
Do you have questions about diabetes?
Do you need help managing your diabetes?
If so...

Call the Medical Clinic today at 503-879-2002

To schedule an individual diabetes education appointment



Mobile Mammography

Convenience • Privacy • Certified women technologists
State-of-the-art equipment • ACR- & FDA-accredited

The Mobile Mammography unit travels by appointment to businesses, health fairs, senior centers, even private gatherings—wherever there are at least 10 women interested in receiving a mammogram. We will be in your area soon.

To schedule an appointment please call

503-879-2089

Date

June 28, 2017

Location

Upper parking lot at Grand Ronde Clinic

We accept cash or we may bill your insurance company

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