



HEALTH & WELLNESS NEWS

Health & Wellness Center closures

- Friday, Sept. 1 – 1 to 5 p.m.
 - Monday, Sept. 4 – All day (Labor Day)
 - Friday, Sept. 22 – All day (National Indian Day)
- Be sure to request pharmacy refills early.**

Health & Wellness Center hours

The Health & Wellness Center is pleased to add additional access for patients during holiday weeks on Thursday mornings.

The clinic will be scheduling patients at 8 a.m. every Thursday preceding or following a holiday closure. Urgent care also will be available during this time.

Appointments available in Optometry at the Health & Wellness Center

- Comprehensive eye exams
 - Diabetic eye exams
 - Red eye treatment
 - Excellent selection of frames
- Call 503-879-2097 for an appointment.

Health & Wellness Center patient feedback process

The Grand Ronde Health & Wellness Center is striving to provide patients with access to communicate challenges, concerns and positive feedback. Patients are encouraged to discuss their concerns directly with their health care provider, or any other member of the health care team, when it occurs so that it can be resolved immediately if possible.

All complaints, concerns and positive feedback are tracked and considered valuable for quality improvement purposes.

Quality Improvement Manager Dawn Doar can be available to discuss information that the patient would like to share regarding complaints, concerns and positive feedback. The information is collected, documented and submitted for review to the director of the department and a response is communicated to the patient within seven to 10 business days. All urgent matters are handled in a timelier manner.

Doar can be reached at 503-879-1303 or in person in Wing B, Administration, 2nd Floor. To avoid risking protected health information from being shared, it is not recommended to contact her through e-mail. In the case that you would like her to contact you for more information, please feel free to e-mail her at dawn.doar@grandronde.org. Information also can be mailed to the GRHWC Administration address: P.O. Box 338, Grand Ronde, Ore., 97347 if preferred.

September is Prostate Cancer Awareness month

What is prostate cancer?

Prostate cancer is cancer that occurs in a man's prostate — the walnut-size gland in the male reproductive system. It is located below the bladder in front of the rectum and surrounds the upper part of the urethra, the tube that empties urine from the bladder. The prostate helps regulate bladder control and produces the seminal fluid that nourishes and transports sperm. Prostate cancer is one of the most common types of cancer in men. Read more about how prostate cancer incidence and treatment options.

What causes prostate cancer?

It is not yet known what specifically causes prostate cancer, but there are several risk factors for the disease, including age. Find out if you are at risk for prostate cancer.

Make sure you talk with your doctor regularly about how you are feeling and whether you are experiencing any of the following symptoms:

- Fatigue (feeling extremely tired): You can experience fatigue for many different reasons. One of these reasons may be that your cancer is spreading.
- Bone pain (particularly in your back, hip, thigh or shoulder): This could be a sign that your prostate cancer has spread to your bones. The bones are the most common place where prostate cancer spreads.
- Shortness of breath: This could be a sign that your cancer has spread to your lungs.
- Frequent urination (the urge to urinate frequently or a weak urine flow): These symptoms could mean the cancer is growing within your prostate or spreading to areas around the bladder.
- Unexplained weight loss: This is a general symptom that could mean your cancer is spreading.

There are so many reasons to get to a healthy weight . . .

You are important to many people. We need you to stay healthy.

By losing just 5-7 percent of your weight, you will reduce your risk for diabetes.

See your health care provider today to set your goals and write a plan.

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

Web Medication Refill Requests NOW AVAILABLE!

- Go to www.GrandRonde.org/departments/health-and-wellness/pharmacy and click on the link provided.
 - You can bookmark this page for future use.
 - Fill out all fields. Your order will be processed in the same order it was received.

This system operates 24/7

Grand Ronde Health and Wellness Pharmacy

Enter your refill information This page is secure

Please note all fields are required to process your refill request.

Last Name:

Birthdate: (MM/DD/YYYY)

Prescription Number: 1 2 3 4 5 6

Delivery Method: Store Pickup Mail

Contact Information

E-mail:

Phone Number: ###-###-####

Would you like the pharmacy to contact your doctor if your prescription needs authorization?
 Yes No

Drug Take-Back Day

GRAND RONDE POLICE STATION
 9655 Grand Ronde Rd
 Located off of Grand Ronde Road between Highway 18 and Highway 22

SATURDAY, OCTOBER 28 | 10 A.M. – 2 P.M.
 Free and Confidential
 No Questions Asked

Accepted items

- Prescription drugs
- Over the counter medications
- Liquid medications

Prohibited items

- IV solutions
- Chemotherapy Medications
- Medical Waste

Collection is coordinated by the

- Grand Ronde Police Department
- U.S. Department of Justice
- Grand Ronde Health and Wellness Pharmacy