



HEALTH & WELLNESS NEWS

Attention members in the six-county service delivery area

Tribal members residing within the six-county service delivery area (Marion, Multnomah, Washington, Yamhill, Polk and Tillamook) will be receiving new Skookum Health Assistance Program cards in the mail on or around Oct. 1.

We try to coordinate address changes/updates with Shasta. If you reside in the six-county service delivery area and you do not receive a new card in October, contact Shasta Customer Service at 800-880-5877 or Barbara Steere at 503-879-2487 to request a new one.

Please replace your old card with the new card.

Thank you,

Tresa Mercier

October is Breast Cancer Awareness month

When you're told that you have breast cancer, it's natural to wonder what may have caused the disease, but no one knows the exact causes of breast cancer.

Doctors seldom know why one woman develops breast cancer and another doesn't, and most women who have breast cancer will never be able to pinpoint an exact cause. What we do know is that breast cancer is always caused by damage to a cell's DNA.

- One in eight women in the United States will be diagnosed with breast cancer in her lifetime.
- Breast cancer is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of cancer death among women.
- Each year it is estimated that more than 246,660 women in the United States will be diagnosed with breast cancer and more than 40,000 will die.
- Although breast cancer in men is rare, an estimated 2,600 men will be diagnosed with breast cancer and approximately 440 will die each year.
- On average, every two minutes a woman is diagnosed with breast cancer and one woman will die of breast cancer every 13 minutes.
- More than 2.8 million breast cancer survivors are alive in the United States today.

Risk Factors

- **Gender:** Breast cancer occurs nearly 100 times more often in women than in men.
- **Age:** Two out of three women with invasive cancer are diagnosed after age 55.
- **Race:** Breast cancer is diagnosed more often in Caucasian women than women of other races.
- **Family History and Genetic Factors:** If your mother, sister, father or child has been diagnosed with breast or ovarian cancer, you have a higher risk of being diagnosed with breast cancer in the future. Your risk increases if your relative was diagnosed before the age of 50.
- **Personal Health History:** If you have been diagnosed with breast cancer in one breast, you have an increased risk of being diagnosed with breast cancer in the other breast in the future. Also, your risk increases if abnormal breast cells have been detected before (such as atypical hyperplasia, lobular carcinoma in situ (LCIS) or ductal carcinoma in situ (DCIS)).
- **Menstrual and Reproductive History:** Early menstruation (before age 12), late menopause (after 55), having your first child at an older age or never having given birth can also increase your risk for breast cancer.
- **Certain Genome Changes:** Mutations in certain genes, such as BRCA1 and BRCA2, can increase your risk for breast cancer. This is determined through a genetic test, which you may consider taking if you have a family history of breast cancer. Individuals with these gene mutations can pass the gene mutation on to their children.
- **Dense Breast Tissue:** Having dense breast tissue can increase your risk for breast cancer and make lumps harder to detect. Several states have passed laws requiring physicians to disclose to women if their mammogram indicates that they have dense breasts so that they are aware of this risk. Be sure to ask your physician if you have dense breasts and what the implications of having dense breasts are.

Source: All materials are from the WebMD

Health & Wellness Center closures

- Friday, Oct. 6 – 20th Anniversary Event preparation (closing at noon)
- Monday, Oct. 9 – Indigenous Peoples' Day (All day)
 - Friday, Nov. 10 – Veterans Day (All day)
- Wednesday, Nov. 22 – Restoration Day (All day)
 - Thursday, Nov. 23 – Thanksgiving (All day)
- Friday, Nov. 24 – Day after Thanksgiving (All day)

Be sure to request your prescriptions early to cover closure days.

Pharmacy Mobile APP!!!

mobileRx
Grand Ronde Health and Wellness Pharmacy

Android | iPhone

Step 1: Get the App
To get started, search for mobileRx Pharmacy in your app store or use your smartphone camera and a QR code reader/scanner application to scan the appropriate QR code.

Step 2: Home Screen
The home screen displays options for requesting refills.

Step 3: Enter Prescriptions
Express Prescription Refills allows you to enter up to three prescription numbers to be refilled at a time. To request more than three refills, repeat the process.

Step 4: Scan Prescription Barcode
Scan the barcode label on the prescription bottle, and click Submit Refill(s).

Pharmacy Information
This screen displays information about your pharmacy, including name, address, phone number and hours of operation.

This feature notifies you instantly if prescriptions are accepted or if there is an error.



Grand Ronde Health & Wellness Fair Thursday Oct. 5 – 10 a.m. to 3 p.m.

Come join our Health and Wellness Fair in the Grand Ronde Clinic Atrium

Get your blood pressure checked and if you're a diabetic you can get your blood sugar tested as well.

Some great information that will be here from all of our departments

Come join the fun!!!!