



HEALTH & WELLNESS NEWS

Health & Wellness Center closures

- Monday, Sept. 3 – Labor Day (all day)
- Friday, Sept. 28 – National Indian Day (all day)

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

September is Prostate Cancer Awareness month

What is prostate cancer?

Prostate cancer 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.

Community Health and Iskam Mek^h Mek-Haws Meal Cooking



Come join us in cooking Asian Bulgur Pilaf
Wednesday, Sept. 26, from 10 a.m. to noon
At the Food Bank, 9675 Grand Ronde Road.
Learn to cook healthier for you and your family.
Please RSVP to 503-879-2078; spots are limited
Oh, did we mention you could win in a raffle drawing?

Pediatrician schedule set at Health & Wellness Center

We are honored to welcome Dr. Allison Empey to Health & Wellness as our new pediatrician. Dr. Empey began seeing pediatric patients at the clinic on Aug. 13 and is scheduled for four days per month. She is a general pediatrician at Oregon Health & Science University, deputy director of Northwest Native American Center of Excellence and a member of the Tribal Health Committee.

Dr. Empey is interested in newborn medicine and mentorship of Native youth interested in medicine. Her hobbies include running, hiking, reading and hanging out with her nephews.

To schedule a pediatric appointment with Dr. Empey, contact us at 503-879-2002.



Dr. Allison Empey

IMPORTANT - TRIBAL MEMBERS WITH MEDICARE!

If you have received a new Medicare card, please forward a copy to Barbara Steere. You can mail or e-mail a copy of the new card.

Please mail to:
Barbara Steere
Skookum Health Assistance Program
9605 Grand Ronde Rd
Grand Ronde, OR 97347.
barbara.steere@grandronde.org

Give us a call if you have any questions – Barbara Steere at 503-879-2487 or Tresa Mercier at 503-879-2008.

Come check out the Grand Ronde Diabetic Mobile Clinic
At
iskam mǎk^hmǎk-haws (Grand Ronde Food Pantry)
1st Friday of every month
10 a.m.-2 p.m.



We welcome the Community!!!

Clinic staff will be doing blood pressures and will have education fliers on different health topics.
We also have goodie bags with dental necessities, and will giving out fresh hot coffee.

Come check us out.

If you have any questions please call 503-879-3663