

Community HEALTH BEAT



Quality Healthcare Close to Home

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National Breast Cancer Awareness Month Best Prevention: Early Detection and Healthy Habits

October is National Breast Cancer Awareness Month. Awareness and prevention are the keys to making a positive impact in decreasing the prevalence of breast cancer. Chances are you know someone who has or has had breast cancer. According to the World Health Organization, breast cancer is the most common cancer among women worldwide, causing the death of hundreds of thousands of women each year. One out of every eight women will be diagnosed with breast cancer in her lifetime. The National Cancer Institute estimates that breast cancer will claim over 41,000 lives during this year.

With early detection and the best evidence-based treatment, breast cancer has a high cure rate. By the way, evidence-based practice does not recognize specialized diets as a cure for cancer. Eating healthy foods may decrease your risk of cancer, but once you have cancer, diet has not been demonstrated to change your outcome. There is no clinical evidence of an effective "natural" cancer treatment.

While you cannot change some factors that increase your risk for breast cancer like gender, age and genetics, there are some factors that you can control as preventive measures to lower your risk of cancer. Healthy eating, exercise and healthy weight can decrease breast cancer risk. Avoidance of smoking and alcohol can also decrease the risk of getting breast cancer. If you would like to learn more, download a free booklet on risk factors from: <https://www.breastcancer.org/risk/factors>.

In order to improve outcomes and increase survival, early detection of breast cancer remains the cornerstone for breast cancer prevention. Early detection includes breast awareness with monthly self-breast exams, well woman exams with a provider and screening with mammography starting from age 40 to 50, depending on your risk factors. Talk with your primary care provider about your personal risk factors and screening recommendations. The National Breast Cancer Organization has a free downloadable pamphlet outlining breast cancer signs and symptoms at: <https://www.nationalbreastcancer.org/breast-cancer-symptoms-and-signs>.

Bottom line: awareness, early detection and screening are crucial actions that an individual can take to decrease their risk and increase their odds of surviving breast cancer. Even if you do everything that is recommended to decrease your risk (ideal weight, nutritious eating, smoking avoidance and alcohol avoidance), it is still possible to get breast cancer, or any cancer for that matter.

You may ask, "Then why bother decreasing risks if I can still get cancer?" Although there is nothing you can do to absolutely prevent cancer, you can provide yourself the longest and best possible quality of life one can live. This is an invaluable and meaningful gift, which only you can give to yourself.

Nora Healey, FNP
Strawberry Wilderness Community Clinic

CAMPFIRES & COCKTAILS

Saturday, October 19 at 5:30pm
Grant County Fairgrounds

\$30 each or 2 for \$50. Steak Dinner, Door Prizes, Silent Auction, Live Auction, Games, Costume Contest

To RSVP by phone or for more information: Jena Knowles
541-575-1311 Ext. 2213 • jknowles@bluemountainhospital.org



October
Visiting
Specialists

Bend Cardiology: Dr. McLellan - 10/2, 23
Baker Podiatrist: Dr. Rushton - 10/7, 28
Bend Ortho PA: Dr. Farris - 10/16
Bend Neurologist: Dr. Tien - 10/17
Bend Orthopedic: Dr. Lilley - 10/24
Bend Dermatologist: Dr. Wisco - 10/29



**Blue Mountain
Care Center**
Resident of the Month

Gordon Sindt

Gordon Sindt was born on May 20, 1938 in Whitefish, Montana, to Lucille Motichka and Jack Sindt. He has one brother and four sisters and they were raised in the Portland, Oregon area.

Gordon has never been married but has a lot of nieces and nephews. He worked for a graphic arts place called ABDICKS and owned a bar called Dingheiser Tavern; after he sold that, he bought another bar and then had to foreclose on Dingheiser so he went between the two bars until he eventually sold them both.

He has traveled to Cairo, Egypt; England; Australia; and Scotland. He specifically went to Castletown, Scotland to visit his grandmothers' birthplace. He has been all over Turkey, Istanbul, Ankara, Amasya and Sinop.

Gordon enlisted in the U.S. Air Force in Portland, Oregon and was sent to Sheppards Air Force Base in Texas, then to Travis Air Force Base in San Francisco, California. He was then sent to Diyarbakir, Turkey and from there to McCord Air Force Base in Washington; at which point he was honorably discharged.

Gordon loves to take walks; he would walk from southeast Portland, Oregon across the river into Washington Park. When he was younger, he had two bicycles – one was a Columbia with skinny tires and the other was a Schwinn with wide tires. He rode all over Portland with his friends, Mike and Rick. One time, they rode to Camas, Washington just to see what the smell was and it was a paper mill. Another time, they all were riding their bikes down Mount Tabor and he didn't slow down for a hairpin corner like his friends did and crashed into the men and women's outhouses. He broke his bike and got hurt. Joe Kuhl gave him a ride home on his bike.

Gordon came to the Blue Mountain Care Center on January 5, 2018.



Contributed photo

A total of 41 participants enjoyed the 2018 Rally for the Cure golf scramble, the ladies golfing in support of the cause and releasing balloons in memory of loved ones.

The deadline for What's Happening items is 5 p.m. Friday. Call the Eagle, 541-575-0710, or email editor@bmeagle.com. For meetings this week, see our list in the classifieds.

Wednesday, Oct. 2

Chamber installation dinner
• 5 p.m., John Day Elks Lodge

The no-host social hour is from 5-6 p.m. with dinner at 6 p.m. On the menu is tri-tip or salmon dinner. New officers will be installed shortly after dinner. Several guest speakers will be presenting information about "The Future of Grant County." Everyone is welcome to attend. RSVP for dinner choices and number of guests was required by Sept. 25. For more information, call 541-575-0547 or email gadmin@gcregonlive.com.

Friday, Oct. 4

First Friday
• 6-9 p.m., downtown John Day

This month's theme is "Pumpkin Hunt." Count the number of pumpkins at each participating business, get the correct total and win the grand prize. Food and beverages will be available for purchase at participating businesses. This will be the last First Friday of the season. For more information, visit the Downtown John Day First Fridays Facebook page.

Saturday, Oct. 5

Rally for the Cure golf scramble and auction
• 9 a.m., John Day Golf Course

Continental breakfast and registration begins at 9 a.m., followed by the tee off at 10 a.m. Dinner is at 4 p.m. and will be a hamburger feed and auction. For golf and dinner, the cost is \$40, and dinner only is \$5. Proceeds benefit the Blue Mountain Healthcare Foundation. For more information, call the club house at 541-575-0170 or Kimberly Ward at 503-583-0362.

'Think Like an Animal' tracking course

• 10-11:30 a.m., Madden Brothers Performing Arts Center, John Day

Joe Kreuzman, senior instructor at Coyote Trails Nature Center, will teach a course on tracking, including a guided hike to introduce the proper way to read signs of wildlife, their travels and behavior and the implications of the local, interconnected landscape. The course costs \$20, but ages 15-17 are free. For more information, contact Genevieve Perdue at genevieve@bmlt.org or 541-620-5754. To purchase tickets, visit universe.com/embed2/events/think-like-an-animal-tickets-john-day-PJ6YQH.

Tuesday, Oct. 8

Mad Hatters luncheon
• 11:30 a.m., Silver Spur, Mt. Vernon

All are welcome. For more information, call Gwynne at 916-212-2978.

Wednesday, Oct. 9

NEPA workshop
• 4-8 p.m., Harney County Community Center, Burns

This workshop is free and open to anyone interested in learning more about the National Environmental Policy Act, specifically writing substantive comments and the Bureau of Land Management comment responses process. For more information, contact Aaron Haselby at ahaselby@blm.gov or 503-313-7570.

Wednesday-Friday, Oct. 9-11

Beginner photography class
• 4:30-6:30 p.m., Canyon City Community Hall

Students must bring their own camera, lenses and user manuals. All skill levels and ages are welcome, and the cost is \$95 for all three sessions. For more information, visit paintedskycenter.com or email paintedskycenter@gmail.com.

Thursday, Oct. 10

Free business class
• 3:30-5 p.m., Grant County ESD meeting room

A free class, "Cash Flow Management and Five C's of Credit," will be offered by Eastern Oregon University Small Business Development Center with director Greg Smith instructing. Preregistration is required as space is limited. There must be a minimum of five attendees for the class to be held. For more information and to register, call 541-962-1532 or email eousbdc@gmail.com.

Author presentation
• 5:30-7:30 p.m., Painted Sky Center for the Arts

Karen Spears Zacharias will lead a presentation on her Appalachian series. This event is free, and all are welcome to attend. For more information, visit paintedskycenter.com or email paintedskycenter@gmail.com.

Friday-Saturday, Oct. 11-12

Seneca fire station fundraiser
• 9 a.m. to 4 p.m., Seneca City Hall

The city of Seneca is holding a community-donated yard sale to raise funds for the new fire station in coordination with National Fire Prevention Week.