

How often should women be screened for breast cancer?

GUEST COLUMN

PATTI ATKINS
Columbia Pacific CCO

October is Breast Cancer Awareness Month. Nearly 270,000 women in the United States are diagnosed a year, and about 70 percent of women age 50 and older are screened at least every other year. Although most people are aware of breast cancer, there may be some confusion about how often to be screened. Earlier this year, news headlines told of a new set of guidelines from one of the most well-known professional organizations. And about a set of different guidelines from another, equally respected group. The American Cancer Society recommends women from the age of 45 through 54, who have an average risk of breast cancer, get

a mammogram every year; every other year at 55 and older. The American College of Physicians recommends that most women get a mammogram every other year beginning at age 50; younger women should speak to their doctor about whether they should get one. With different sets of guidelines, how do you know what to do? Screening guidelines are based on many factors, including the fact that there may be harm caused by further testing and treatment. “Screening guidelines have to balance the benefits with the risks,” says Safina Koreishi, M.D., Columbia Pacific CCO medical director. “Some guidelines make finding as many cancers as possible the priority; other guidelines make harms, risk or individual patient outcomes the top priority.” The United States Preventive Services Task Force, a group that reviews these benefits and harms,



SDI Productions

Cheerful woman smiles as she attends an outdoor breast cancer awareness event. She is wearing a breast cancer awareness ribbon.

looks for a balance and recommends screenings that are shown to benefit most patients. The USPSTF, as well as the American College of Physicians, agree that

most women at normal risk should get a mammogram every other year beginning at age 50. It’s also important to remember that both sets of guidelines are

for women who are at average risk of breast cancer. Women who are at higher risk should begin screening at a younger age, be screened more often, or both. Factors that can increase risk include: Personal health history, including prior abnormal screenings, a previous diagnosis of breast cancer, or a genetic variation known to increase risk. Family history of breast cancer at a young age or in several family members. “The best guideline is to talk with your health care provider about your own personal situation and your concerns and wishes,” says Dr. Koreishi. “Working together with your provider, you can decide what type of screening you should have, and how often you have it.” Routine health screenings, like mammograms, are a covered benefit on many insurance plans, including Oregon Health Plan.

Training for adopters a necessary component in dog rescue

CANINE CORNER

RAIN JORDAN & DAHLIA



What’s better than adopting a dog? A) Protecting and bonding with the dog B) Sharing your life with the dog C) Learn to ensure happy-ever-after together with the dog D) All of the above Buying dogs from retail stores was once common. We evolved beyond the doggy in the store window paradigm as we learned about the cruelty that frequently lurked behind it. These days, many dog lovers adopt their canine friends from shelters and charity rescue organizations; doing so can help a needy animal, after all. And we have literally millions of them. About half of the pet dogs in the U.S. are surrendered before

they reach the age of two, typically having been with their owners for less than a year. This is especially sad when you consider the lifespan of the average dog, and the reality that many dogs are surrendered multiple times during their lives. One of the most common reasons people have, whether they declare it or not, for taking a dog to a shelter is behavioral. The ASPCA reports that “pet problems” is the top reason given for rehoming pets, and most of these are described by the surrendering owners as behavior problems. Also per the ASPCA, 34% of surrendering owners, most commonly dog owners, reported that free or low cost training and behavior assistance might have helped them avoid the loss of their companions. Folks who’ve worked in sheltering or rescue, like I have, will tell you that by the time a person seeks out an organization to which to surrender a pet, it is almost always too late to convince that person to

accept help to keep the pet. The owner has already given up — s/he has been without help, or with improper help, for too long. The frustration and fatigue have taken a serious toll on the relationship, with both the dog and human suffering. Surrendered animals often are at the highest risk of euthanasia. Walk into a busy shelter intake area and read the signage; there may be posted notices alerting the public that surrendered pets can be euthanized at any time, even immediately. If there is no such posted notice, it is probably mentioned on the paperwork a surrendering owner is required to sign. Per the ASPCA, 20% of dogs entering U.S. shelters each year are euthanized. Some shelters are attempting to change this. From my perspective, the attempts so far are, unfortunately, not the solution. I don’t claim to have all the answers, but for the times we face, I do have a strong suggestion. What’s better than adopting a dog is adopting a dog who comes

with an adopter training and behavior literacy, aka TBL, package. In the years since I began pressing for implementation of my canine protection organization’s TBL program, the first and only one of its kind, microcosmic attempts at something resembling the spirit of TBL have been pushed out by a few others in the form of apps and quick conversations. But micro offerings do not provide the solid experience that is so important to outfitting each adopter with crucial praxis and muscle-memory. Apps and websites, videos and webinars, those are sprinkles of theory that are barely tasted if lucky. Studies that outline the failure of procedures such as providing five minutes of counseling, written materials, and a food dispensing toy to prevent separation anxiety highlight a more serious failure: that of hoping to impart complex behavior and training literacy to adopters using cost-effective, but otherwise ineffective shortcuts. More recently, e-surveys,

e-mailed tips, and even chatbots have been suggested as options for helping desperate adopters in need of much more substantial support. When it comes to important skills, emotional conditioning, and behavior modification for our canine companions, sprinkles will not suffice. Adopters and their beloved dogs deserve face to face, in person professional behavior and training expertise. The best way to serve and protect both adopter and adoptee is to empower both, via the innovative human-to-human offering of R+ training and behavior skills, imparted to every adopter, as part of the adoption process. To save and protect lives, to keep companion canines in their homes and their adopters in adoration with them, we need to gift each adopter with immersion, not sprinkles. A dog’s happy-ever-after might very well depend on it. Rain Jordan, CBCC-KA, KPA CTP, is a certified canine behavior and training professional. Visit her at www.expertcanine.com.

LETTERS TO THE EDITOR

Tiffany Mitchell serves our community well

I would like to thank Representative Tiffany Mitchell for doing such positive things for our community and for standing up for what we believe in and need here on the North Coast. As our representative, Tiffany has been working hard to lower health care costs. She has served on the House Health Care Committee and worked on legislation that makes sure that our tax exempt, non-profit hospitals are truly serving our communities and nonprofits. This will improve access to care for the most vulnerable members of our community. Another thing Tiffany worked on which directly impacts more of us, is prescription drug price trans-

parency. Drug companies in Oregon will need to notify us about price increases on all medications. This will help us hold drug companies accountable. She plans on supporting work to cap prices of insulin next. As co-chair of the new Subcommittee on Behavioral Health, she is leading the conversation about how as a state we can improve our mental health and substance abuse services. This is such an important topic, and I look forward to seeing how the state will improve those services. I am confident that Tiffany will keep fighting to make sure that our lives are improved. Thanks you for representing us, and thanks for all your hard work!’ Jennifer Rasmussen Astoria

Cultural coalition invites 2020 grant applicants

Seaside Signal

Applicants have until Oct. 31 to apply to the Clatsop County Cultural Coalition for a 2020 grant. Funding is available for up to \$2,000 per project. In 2019, Nine recipients received \$10,000 in funding, total. The local coalition will fund projects based on the degree of awareness to culture; support toward preservation, functionality, or sustained usage of physical facilities that promote arts and culture; strength of the overall health of existing non-profit organizations, schools, individuals, or business, related to visual and performing arts, heritage and humanities in

Clatsop County. The Clatsop County Cultural Coalition is funded by the Oregon Cultural Trust to award funding that supports, maintains, preserves, and promotes cultural programs in visual and performing arts, as well as heritage, and humanities-based projects within Clatsop County. Individuals and groups located within Clatsop County are eligible to apply; applicants must have 501©3 not-for-profit status or 501©3 organization affiliation. Grants will be awarded in December. The 2020 application for the Clatsop Cultural Coalition grant is available online at www.clatsopculturalcoalition.org.

Community Calendar

Friday, Oct. 18

Day-off camp
8 a.m.-5:30 p.m., join Sunset Empire Park and Recreation District for arts and crafts, swimming, games and more; signup at sunsetempire.com.

Wes Wahrmund
6-9 p.m., classical guitar, classical guitar, jazz and original tunes, The Bistro, 271 N. Hemlock, Cannon Beach.

Bill Hayes
5-7 p.m., contemporary, folk and Americana; Cher’s Cafe, 239 N. Hemlock, Cannon Beach.

Bobcat Bob
6 p.m., blues and jazz, Seasons Deli, 255 N. Hemlock, Cannon Beach.

Saturday, Oct. 19
Annual Dog Show on the Beach
10 a.m., events from noon-4 p.m.; this off-beat event is a benefit for the local animal shelter with prizes in over 20 categories, cannonbeach.org.

Learn to Play Ukulele
9:45 a.m., learn how to play the ukulele with instructor Kathy Ryan; conference room; Bob Chisholm Community Center, 1225 Avenue A; sunsetempire.com.

Qi Gong
10-11 a.m., A mind-body-spirit practice that improves one’s mental and physical health; Bob Chisholm Community Center, 1225 Avenue A; sunsetempire.com.

PI-YO-CHI
Noon-12:55 p.m., program includes the strength of Pilates, the balance of yoga, and energy revitalization; Bob Chisholm Community Center, 1225 Avenue A; sunsetempire.com.

Chess Club
1-3 p.m., Seaside Library, 1131 Broadway, Seaside.

Fall Fun Fest
4-6 p.m., fun music, games, lights, tricks and treats, Bob Chisholm Community Center, 1225 Avenue A; sunsetempire.com.

Spooky Swim
6-8 p.m., at the Sunset Pool. 1140 Broadway, Seaside.

Just Those Cats
6 p.m., country western music; Sweet Basil, 271 N. Hemlock, Cannon Beach.

Manzanita Writers Series
7 p.m., “10 Drugs: How Plants, Powders, and Pills Have Shaped the History of Medicine”; Author Thomas Hager and local physician Larry Zagata; Hoffman Center for the Arts, 594 Laneda Ave., Manzanita.

Sami Rouissi
8 to 10 p.m., singer-songwriter, Public Coast Brewing Co., 264 E. Third St., Cannon Beach.

In the Pink
8 p.m., Pink Floyd Tribute Band, Times Theatre & Public House, 133 Broadway.

Sunday, Oct. 20
Buffet Breakfast
8:30-11 a.m., waffles, omelets and more; American Legion, 1315 Broadway, Seaside.

Kim Angelis
4 p.m., CD release concert; Pioneer Church, located next to Camp Rilea, at 33324 Patriot Way, Warrenton.

In Their Footsteps
1 p.m., “The Unexpected on the Oregon Coast,” with author Judy Fleagle, Lewis & Clark National Park; program Netul River Room of Fort Clatsop’s visitor center; free; 503-861-2471; www.nps.gov/lewi.

Maggie & the Katz
5:30-8 p.m., Soul, blues and R&B; The Bistro, 263 N. Hemlock, Cannon Beach.

Monday, Oct. 21
Coffee, crafts and conversation
10 a.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside.

Bingo
12:30 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside.

Senior Movie
1 p.m., movie title posted

weekly at Bob Chisholm Community Center; 1225 Avenue A.

Tai Chi
1-2 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside.

Tae Kwon Do
6-7 p.m., age 8 to adult, Bob Chisholm Community Center, 1225 Avenue A.

Jam Session
6:30-8:30 p.m., featuring local musicians, Cannon Beach American Legion, 1216 N. Hemlock.

Tuesday, Oct. 22
TOPS
9:15 a.m., Take Pounds Off Sensibly focuses on healthy lifestyle changes for weight loss, meets weekly. North Coast Family Fellowship, 2245 N Wahanna Road, Seaside; ncffchurch.org or call 503-738-7453.

Knit, Needle and Crochet
10 a.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside.

Drop-In Pickleball
10 a.m., Pickleball equipment is available for check-out at other times by calling 503-738-3311, ext. 100. Seaside Youth Center at 1140 Broadway in Seaside.

Video Scavenger Hunt
3:30 p.m., Teen Tuesday, Seaside Library, 1131 Broadway, Seaside.

Taco Tuesday
5-7:30 p.m., American Legion Post 99, 1315 Broadway Street Seaside.

Tabata
6-7 p.m., high-intensity interval training; Bob Chisholm Community Center, 1225 Avenue A, Seaside.

Wednesday, Oct. 23
Good Morning Seaside
8 a.m., Weekly coffee and networking; Seaside Chamber of Commerce; contact for details, www.seasidechamber.com.

Pumpkins
10 a.m., Preschool storytime, Seaside Library, 1131 Broadway.

Sou’Wester Garden Club Meeting
10 a.m., Fall Foliage and Grasses with Ann Acton, Dennis Seven Dees; 1225 Ave. A, Bob Chisholm Community Center.

Necanicum Water Shed Council.
4 p.m., Necanicum Watershed Council, Seaside Public Library, 1131 Broadway. Visit www.necanicumwatershed.org or call 503-717-1458.

Awana Youth Group
6-8 p.m., age 3 to sixth-graders, North Coast Family Fellowship, 2245 N. Wahanna, Seaside; 503-738-7453.

Open Gym Basketball
7:45-9:30 p.m., enjoy a pickup game; both residents and non-residents; Broadway Middle School gym, 1120 Broadway.

Thursday, Oct. 24
SDDA Breakfast
8 a.m., Pig ‘N Pancake, 323 Broadway, Seaside, 503-717-1914, www.seasidedowntown.com. Weekly speakers, discussions and a no-host breakfast.

Pilates
8-9 a.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside.

Drop-In Pickleball
10 a.m., Pickleball equipment is available for check-out at other times by calling 503-738-3311, ext. 100. Seaside Youth Center at 1140 Broadway in Seaside.

Rotary meeting
Noon, Seaside Rotary meets at Angelina’s Pizzeria and Cafe, 1815 S. Roosevelt.

Get Fit!
6-7 p.m., balanced strength and conditioning program; Bob Chisholm Community Center, 1225 Avenue A, Seaside.

Music at McMenamins
7 p.m., McMenamins Gearhart Hotel, 1157 N. Marion Ave., Gearhart; 503-717-8159.

“McQueen” the Biography
7 p.m., Author event with Christopher Sandford, Seaside Library, 1131 Broadway.