

GREENVILLE RANCHERIA

OCTOBER IS BREAST CANCER AWARENESS MONTH!!!

The World Cancer Research Fund International reports that there are more than 6 million breast cancer survivors worldwide, giving many survivors a reason to celebrate this month. Despite so many medical advances in the detection and treatment of breast cancer though, it remains the second leading cause of deaths among women in the United States. About 1 in 8 U.S. women (about 12%) will develop invasive breast cancer over the course of her lifetime.

Although American Indian and Alaska Native women have a lower breast cancer incidence rate compared to other groups, those who develop breast cancer are more often diagnosed at a later stage, when it is harder to treat. This is likely because AI/AN women have the lowest rates of mammography screening starting at age 40.

WHAT ARE THE SYMPTOMS OF BREAST CANCER?

- A lump or swelling in the breast, upper chest, or armpit
- A change to the skin, such as puckering or dimpling.
- A change in the color of the breast-the breast may look red or inflamed
- A nipple change, for example it has become pulled in (inverted)
- Rash or crusting around the nipple
- Changes in size or shape of the breast

Please see your Provider for a complete evaluation if you experience any of these signs/symptoms.

WHAT CAN I DO TO REDUCE MY RISK OF BREAST CANCER?

- Keep a healthy weight
- Exercise regularly
- Don't drink alcohol, or limit alcoholic drinks
- If you are taking, or have been told to take, hormone replacement therapy, or oral contraceptives (birth control pills) ask your doctor about the risks and find out if it is right for you
- Breastfeed your children if possible
- If you have a family history of breast cancer talk to your provider about other ways to lower your risk.

According to the Food and Drug Administration, more than 39 million mammograms are performed annually in the United States. Due to these early detection and screening efforts, the breast cancer death rate is down 34% since 1990. "The decision whether or not to get a mammogram remains with women, we want them to know that mammography can detect cancer early -- when it's most treatable and can be treated less invasively, which not only saves lives but helps preserve quality of life."



The Pink Ribbon is an international symbol of breast cancer awareness. Pink Ribbons, and pink in general, identify the wearer or promoter with the breast cancer brand and express moral support for women with breast cancer.

HEALTH PROGRAMS

FAMILY PRACTICE

PEDIATRICS

MEDICAL FACILITIES

DENTAL FACILITIES

MEDICAL TRANSPORT WITHIN PLUMAS AND TEHAMA COUNTIES

COMMUNITY HEALTH REPRESENTATIVES

INDIAN CHILD WELFARE WORKER

DIABETES SERVICES

MENTAL HEALTH SERVICES

DRUG, ALCOHOL AND FAMILY COUNSELOR

ADDICTION AND MEDICATION-ASSISTED TREATMENT

8 SUB-SPECIALTIES:

- WOMEN'S HEALTH, INTERNAL MEDICINE,
- ORTHOPEDICS, PHYSICAL THERAPY,
- PSYCHIATRY, CARDIOLOGY,
- PULMONOLOGY AND PAIN MANAGEMENT

RED BLUFF *TRIBAL HEALTH CENTER 1425 MONTGOMERY ROAD 528-8600 - DENTAL CLINIC 343 OAK STREET 528-3488

GREENVILLE* MEDICAL CLINIC 284-6135 – DENTAL CLINIC 284-7045 410 MAIN STREET

Se Habla Espanol

PARTICIPATING IN COVERED CALIFORNIA AND MEDI-CAL MANAGED CARE

AS A COURTESY, WE WILL BILL MOST INSURANCES

NATIVES AND NON-NATIVES

Open for Walk-ins, 8am – 5pm.
Medical - Dental Monday - Saturday
8am-5pm

Call clinics first to confirm hours of operation due to the COVID-19 pandemic. Now our Red Bluff and Greenville Dental is open