



# Osage Health Newsletter

LATEST HEALTH & WELLNESS NEWS, ACTIVITIES, AND HAPPENINGS

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### Health & Wellness Topics

The very latest of a variety of Health & Wellness topics happening today.

## Osage Nation Health System Successfully Completes AAAHC Accreditation Survey September 2025



The Wahzhazhe Health Center were found to be compliant in all areas of the survey.

The Osage Nation Health System (ONHS) is proud to announce the successful completion of its most recent Accreditation Association for Ambulatory Health Care (AAAHC) survey, conducted September 11-12, 2025. This achievement reaffirms ONHS's commitment to providing safe, high-quality, and patient-centered healthcare for the Osage people and surrounding communities.

The AAAHC is a nationally recognized, independent organization that evaluates health systems and ambulatory care facilities nationwide. Through a rigorous onsite survey process, the AAAHC measures compliance with more than 500 standards of patient care, safety, quality improvement, governance, and operations. Accreditation is a mark of excellence that demonstrates a healthcare organization's dedication to continually improving the quality of care it provides.

ONHS has maintained continuous AAAHC accreditation for the past three years, reflecting ONHS's commitment to meeting and exceeding national standards. "It is a

distinct honor and privilege to lead such an amazing team of professionals who are focused on ensuring a level of excellence that is not only achieved, but sustained, over each three-year evaluation period by the Osage Nation Health System. I am pleased and proud of this team of professionals and what they have accomplished," Mark Rogers, ONHS CEO. The successful 2025 survey continues this tradition, highlighting the health system's dedication to safety, patient rights, organizational leadership, and quality outcomes.

Adding to this sentiment, Michelle Wollenzin, Compliance Officer and Risk Manager, emphasized the dedication behind this achievement:

"I am honored to work for an organization that has an unwavering commitment to providing safe, high-quality, patient-centered care. This successful AAAHC Survey underscores our dedication to continuous improvement and excellence in every aspect of this organization. I am grateful to the dedicated staff that work hard every day in achieving and maintaining that excellence."

(Continued to page 2)

# Facts & Actions ABOUT CHOLESTEROL

*High cholesterol is linked to heart disease - the leading cause of death worldwide.*

Here are five fast facts about cholesterol and accompanying actions you can take IN YOUR PRACTICE to help reduce your patients' risk.

FACT	ACTION
An estimated 100 million people in the U.S. have high cholesterol, yet fewer than half get treatment.	You can't treat what you haven't diagnosed. Every patient should have a lipid screen once between ages 9 and 11 and then screened every five years until about age 50, after which it should be checked every year or two.
Some cholesterol is essential for good health. The liver creates all the body needs of this waxy, fat-like substance to perform crucial tasks such as making hormones and digesting fatty foods.	Inform patients that NO additional cholesterol is needed through diet. Animal products such as eggs, proteins and dairy products are the main sources of dietary cholesterol (in the form of saturated fat) and should be consumed sparingly.
High cholesterol is one of the MOST modifiable risk factors for heart disease.	People diagnosed with chronic conditions often feel helpless. Empower your patients to take actionable steps towards lowering their cholesterol and overall risk of heart attack and stroke by altering their diet and lifestyle.
More than half of people prescribed a statin stop taking it in the first year, putting them at risk of a heart attack or stroke.	Multiple statin options are available; it is your responsibility to let patients know that all statins are not created equal and it may take time to find the right one for them.
Smoking damages blood vessels, speeding up the hardening of the arteries and greatly compounds the effects of high cholesterol that lead to heart disease and stroke.	Add this to the long list of reasons your patients shouldn't use tobacco! If your clinic doesn't offer tobacco-cessation resources, point patients toward the U.S. Center for Disease Control and Prevention's page on the topic: <a href="https://www.cdc.gov/tobacco/index.htm">https://www.cdc.gov/tobacco/index.htm</a>

American Heart Association. **Healthy for Good™**

**HOW TO CONTROL CHOLESTEROL**

Life's Simple 7

### 1 UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **FOOD** and **BODY**. It is found in foods from animal sources only. It travels in the body by lipoproteins (LDL and HDL).

**HDL = GOOD**  
High-density lipoprotein is known as "good" cholesterol.

**LDL = BAD**  
Low-density lipoprotein is known as "bad" cholesterol.

HDL helps keep LDL from sticking to artery walls and reduces plaque build up. This process can lower the risk of heart disease and stroke. [heart.org/Atherosclerosis](http://heart.org/Atherosclerosis)

**TRIGLYCERIDES**  
The most common type of fat in the body.

**TOTAL CHOLESTEROL**  
 $HDL + LDL + 1/5th \text{ of triglyceride level} = \text{total cholesterol level.}$

### 2 TRACK LEVELS

A health care provider can measure blood cholesterol and help you understand what the levels mean.

Track your cholesterol levels over time and take steps to reduce high cholesterol.

LEARN MORE AT [HEART.ORG/MYLIFECHECK](http://HEART.ORG/MYLIFECHECK) AND [HEART.ORG/CHOLESTEROL](http://HEART.ORG/CHOLESTEROL)

### 3 TIPS FOR SUCCESS

**EAT SMART**  
Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins and fish. Limit sugary drinks and foods, fatty or processed meats, full-fat dairy products, eggs and tropical oils. [heart.org/EatSmart](http://heart.org/EatSmart)

**MOVE MORE**  
Physical activity helps improve cholesterol levels. [heart.org/MoveMore](http://heart.org/MoveMore)

**KNOW YOUR FATS**  
The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats. [heart.org/Fats](http://heart.org/Fats)

**DON'T SMOKE**  
Smoking lowers good HDL cholesterol and raises your risk of heart disease. [heart.org/Tobacco](http://heart.org/Tobacco)

**TAKE MEDICATION AS DIRECTED**  
Your doctor may prescribe statins or other medications to control your cholesterol levels.

## Osage Nation Health System Successfully Completes AAAHC Accreditation Survey September 2025

(Continued from page 1)

For patients and families, AAAHC accreditation sends a clear message:

- Your care is safe. ONHS meets nationally recognized benchmarks for patient safety and risk management.
- Your care is quality-driven. Our staff adheres to evidence-based practices to ensure the delivery of effective treatments and services.
- Your voice matters. Accreditation standards emphasize respect, communication, and patient involvement in decision-making.
- Your trust is valued. Being accredited reflects accountability and transparency in

every level of our operations.

The Osage Nation Health System delivers comprehensive, culturally informed healthcare services to the Osage community and surrounding areas. With clinics and services designed to meet a wide range of patient needs, ONHS remains focused on advancing health, wellness, and trust within the community it serves.



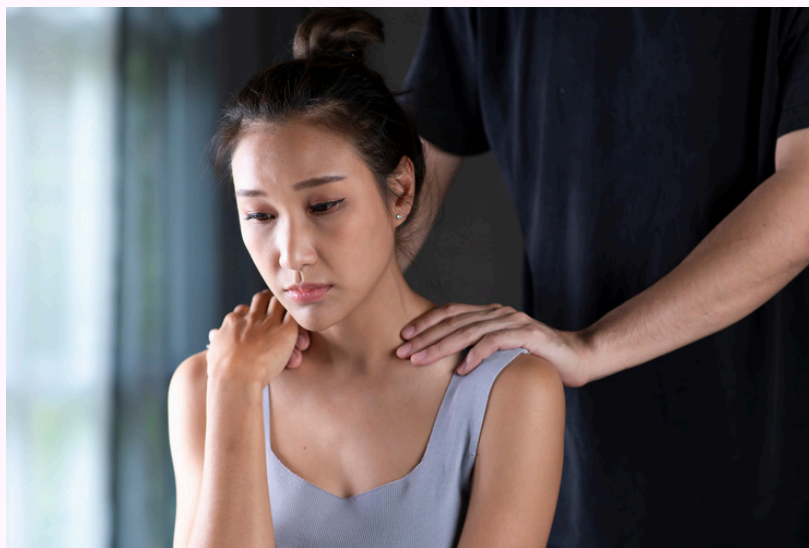
# September is Suicide Prevention Month

By: Osage Nation Health System - Prevention Department

Every suicide is a tragedy that leaves lasting impacts on families, friends, and communities. Nationally, suicide is the second leading cause of death among Native youth ages 10–24, and Native communities experience suicide rates nearly 3.5 times higher than the general population. These numbers highlight an urgent reality—but also an opportunity for prevention and hope.

Our Comprehensive Approach to Suicide Prevention

The Osage Nation Health System Prevention Department addresses suicide prevention



Supporting woman. Photo: @istock / Credit: amenic181

from multiple angles—in schools, in families, and in the community. Rather than working in isolation our efforts are connected and mutually reinforcing:

- **School-Based Education:** Delivering evidence-based curricula that build coping skills, decision-making, conflict resolution, and resilience. Lessons help students recognize risk factors and strengthen protective factors.
  - **Crisis Preparedness:** Supporting schools and communities with referral pathways, crisis response plans, and postvention protocols to ensure no one falls through the cracks.
  - **Workforce & Staff Training:** Providing professional development for teachers, administrators, and community members on trauma-informed care, suicide prevention, and crisis response.
  - **Youth Leadership:** Empowering youth through the Wahzhazhe Youth Council to take active roles in prevention, awareness, and cultural identity-building—protective factors shown to reduce suicide risk.
  - **Community Engagement:** Sharing resources at events, raising awareness of 988, distributing Narcan and overdose prevention kits, and involving families in prevention activities.
  - **Cultural Integration:** Embedding Osage language, values, and traditions into prevention programming, strengthening cultural identity as a source of resilience.
- Together, these strategies create a compr-

ehensive safety net that builds resilience before a crisis happens, ensures resources are available during a crisis, and supports recovery and healing afterward.

What You Can Do to Help

- **Share the 988 Suicide & Crisis Lifeline** – Talk openly about this resource with your family, friends, and students.
  - **Look for the Warning Signs** – Changes in mood, withdrawal from friends, talking about hopelessness, or increased substance use may indicate risk.
  - **Start the Conversation** – Asking directly about suicidal thoughts does not increase risk; it opens the door to support.
  - **Stay Connected** – A simple check-in can make a difference. Strong relationships and cultural identity are proven protective factors.
  - **Attend Prevention Events** – Join workshops, trainings, and community programs to learn more and stay engaged.
- Together for Hope

Suicide prevention is not the work of one person, one school, or one program. It requires the entire community—youth, parents, educators, leaders, and cultural mentors—working together. The Osage Nation Health System Prevention Department is committed to building a future filled with hope, resilience, and life. If you or someone you know is struggling, please call or text 988 to connect with the Suicide & Crisis Lifeline. Help is available 24/7.



## PROVIDER SPOTLIGHT

Michelle Critchfield completed her BSN at Fort Hays State University in Hays, KS, where she graduated with honors and was inducted into Sigma Theta Tau, an International Honor Society for Nurses. During her nursing career, she has worked a large variety of roles, from outpatient clinics to ERs and ICUs. She completed her MBA at University of Phoenix. She has served in several leadership roles, and was on the administrative team that opened a new hospital in the Owasso area. She completed her MSN at University of South Alabama, where she again graduated with honors and was inducted into Golden Key International Honor Society. She is a dual board certified nurse practitioner in Acute Care and in Family Medicine. She has recently been accepted into a Doctor of Nursing Practice program at University of South Alabama.



### Attention Patients:

Please bring all of your current medication bottles to your appointments. This will help our providers and nurses accurately review and enter your information into our new electronic health system, Epic.

Thank you for your cooperation and understanding!



Osage Nation Health System - Pharmacy  
316 E. Main Street, Pawhuska, OK. 74056 918.287.9300



SEPTEMBER



**CHOLESTEROL**  
EDUCATION MONTH



# Reclaiming Wholeness: National Rehabilitation Awareness Week

By Joshua Steward, LMFT

Every September, National Rehabilitation Awareness Month reminds us that healing is more than physical recovery; it's the restoration of the whole person: body, mind, and spirit. From my own recovery and rehabilitation, I've witnessed how rehabilitation must often reach beyond injury or addiction to touch relationships, identity, and even the unseen wounds of generational pain caused by the ripple effect of injury.

Many of Oklahoma's Native American tribes have long understood this. Within tribal customs, healing is a communal process, often involving ceremonies that incorporate family, storytelling, and sacred traditions. To truly heal, one must be reconnected to their people, their purpose, and their Creator. It's a principle we in mental health mirror and work to honor fully: that a cultural identity is not just a backdrop to care, it's central to it.

In Celebrate Recovery, we often discuss the importance of taking personal responsibility and facing suffering directly. We accept that purpose is found not in comfort, but in voluntarily shouldering the burdens of life with integrity. During the course of any rehabilitation, it's essential to understand that healing isn't just about moving past trauma; it's about learning to



national  
**REHABILITATION**  
awareness week  
September 15 - 21

Photo: @istock / Credit: Rana Hamid

carry it in a way that strengthens you and those around you. Personally, I find great value in challenging the irrational beliefs that fuel shame, anger, or despair while inviting clients to stop fighting pain and instead take values-driven action in the presence of pain, and in turn, individuals learn to reframe suffering, not as a disqualifier, but as a sacred space where change can begin.

Rehabilitation, then, is not a solo journey but a shared, sacred struggle which, in essence, is a calling to return to wholeness. This week, let us honor the courageous individuals who walk that path, the families who walk with them, and the cultures whose ancient wisdom continues to illuminate our modern approaches. Healing is not just possible. It is communal, powerful, and it is worth celebrating.

Real Talk. Real Change. Real Hope.

## Gynecologic Cancer Awareness Month and Prostate Cancer Awareness Month

According to the National Cancer Institute, about 110,850 women in the United States are expected to be diagnosed with a gynecological cancer in 2025.

Furthermore, about 32,680 are estimated to die from one. Each type of gynecological cancer has distinct signs and symptoms, as well as unique risk factors. As with most cancer, the risk of developing a gynecologic cancer increases with age.

**Cervical Cancer:** According to the World Health Organization, infection of the cervix with human papillomavirus (HPV) is almost

always the cause of cervical cancer. Consequently, vaccination against HPV and regular screening for HPV infection are highly effective ways to prevent cervical cancer.

**Ovarian Cancer:**

1. ovarian epithelial cancer, which begins in the tissue covering the ovary, in the lining of the fallopian tube, or in the peritoneum.
2. ovarian germ cell tumors, which start in the egg cells;
3. ovarian borderline tumors, which begin in the tissue covering the ovary and rarely become cancerous.

**Uterine Cancer:**

Endometrial cancer forms in the tissues of the endometrium, the lining of the uterus. Obesity, diabetes, and certain genetic conditions may increase the risk of endometrial cancer. Uterine sarcoma is a rare type of cancer that forms in the uterine muscles or in tissues that support the uterus. Exposure to radiation therapy near the pelvis can increase the risk of uterine sarcoma.

**Vaginal Cancer:**

squamous cell carcinoma, which forms from cells that line the inside of the vagina, and adenocarcinoma, which forms in the glands that secrete mucus.

**Vulvar Cancer:**

Forms in a woman's external genitalia, most



Photo: @istock / Credit: mirrima

often the outer vaginal lips.

**HPV VACCINATION Recommendations**

**Vaccination**

- HPV vaccine is recommended for routine vaccination at age 11 or 12 years. (Vaccination can be started at age 9.)

- ACIP also recommends vaccination for everyone through age 26 years if not adequately vaccinated when younger. HPV vaccination is given as a series of either two or three doses, depending on age at initial vaccination.

- Vaccination is not recommended for everyone older than age 26 years. Some adults ages 27 through 45 years might decide to get the HPV vaccine based on discussion with their clinician, if they did not get adequately vaccinated when they were younger. HPV vaccination of people in this age range provides less benefit, for several reasons, including that more people in this age range have already been exposed to HPV.

- For adults ages 27 through 45 years, clinicians can consider discussing HPV vaccination with people who are most likely to benefit. HPV vaccination does not need to be discussed with most adults over age 26 years.

Keep in mind that HPV vaccination prevents new HPV infections,

but does not treat existing HPV infections or diseases.

HPV vaccine works best when given before any

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## Why is Tooth Pain Worse at Night?

By: Miranda Scholz, DDS, ONHS Dental Director



Tooth Pain. Photo: @canva / Credit: ozgurcankaya

It always seems that tooth pain or problems come up at the most inopportune times, often outside of business hours or when you can't get to the dentist. Patients often wonder: Why is tooth pain worse at night, and what can I do about it?

Teeth can hurt at any time of day for various reasons. Tooth decay eats away at the enamel, exposing the sensitive core of the tooth. Similarly, cracked teeth and loose fillings will also expose the inner layer of the tooth, which can be painful. Gingivitis and periodontitis cause inflammation of the gums and can make them feel achy and sore. Pain from pressure in the sinuses can be almost indistinguishable from tooth pain due to the proximity of upper tooth roots and the sinuses. Even with my knowledge of this I

personally have confused the two before—it is easy to do.

One reason that sore teeth can hurt more at night is the lack of distractions. It is much easier to focus on the pain when we are lying in bed at night. There is also an increased blood flow to the head when we lie down, and this can increase the pressure and subsequently the pain. Some people also unknowingly grind their teeth at night, which, of course, is not helpful for tooth pain.

So if you can't make a dental appointment right away, what can you do in the meantime? Keep your head slightly elevated at night to decrease the pressure. Cold compresses can also help keep the pain under control by restricting blood flow. Rinse with warm salt water when you are able, and of course, over-the-counter pain medications can be helpful as well. Try to avoid eating sugary or acidic foods before bed, as this can further contribute to tooth decay.

As always, we at the Wahzhazhe Health Center Dental Clinic are here to help with any toothache or dental problem. Please don't let toothaches last for an extended amount of time before scheduling an exam. Call us at (918) 287-9300 and we will be happy to help.

(Continued from page 6)

exposure to HPV.

Most sexually active adults have already been exposed to HPV, although not necessarily all of the HPV types targeted by vaccination. At any age, having a new sex partner is a risk factor for getting a new HPV infection. Prostate Cancer Awareness Month Prostate cancer is the most common cancer among men (after skin cancer), but it can often be treated successfully. The American Cancer Society's estimates for prostate cancer in the United States for 2025 are:

- About 313,780 new cases of prostate cancer

- About 35,770 deaths from prostate cancer

Prostate cancer is a growth of cells that starts in the prostate. The prostate is a small gland that helps make semen. It's found just below the bladder. The prostate is part of the male reproductive system.

Prostate cancer is one of the most common types of cancer. Prostate cancer is usually found early, and it often grows slowly. Most people with prostate cancer are cured.

People diagnosed with early prostate cancer often have many treatment options to consider. It can feel overwhelming to learn about all the options and make a choice. Treatments may include surgery, radiation therapy or carefully watching the prostate cancer to see if it grows.

If the cancer grows beyond the prostate or if it spreads, there are still many treatment options. Prostate cancer that spreads can be more difficult to cure. But even when a cure

### Symptoms

Prostate cancer may not cause symptoms at first. Most prostate cancers are found at an early stage. This means that the cancer is only in the prostate. An early-stage prostate cancer often doesn't cause symptoms.



Photo: @istock / Credit: MicroStockHub

When they happen, early-stage prostate cancer signs and symptoms can include:

- Blood in the urine, which might make the urine look pink, red or cola-colored.
- Blood in the semen.
- Needing to urinate more often.
- Trouble getting started when trying to urinate.
- Waking up to urinate more often at night.

If the prostate cancer spreads, other symptoms can happen. Prostate cancer that spreads to other parts of the body is called metastatic prostate cancer. It also might be called stage 4 prostate cancer or advanced prostate cancer.

Signs and symptoms of advanced prostate cancer can include:

- Accidental leaking of urine.
- Back pain.
- Bone pain.
- Difficulty getting an erection, called erectile dysfunction.
- Feeling very tired.
- Losing weight without trying.
- Weakness in the arms or legs.

### When to see a doctor

Make an appointment with a doctor or other healthcare professional if you have any symptoms that worry you.



**NOW OPEN!**  
July 15, 2025

**WAHZHAZHE HEALTH CENTER**  
OSAGE NATION HEALTH SYSTEM



**AAAHC**  
ACCREDITED  
AMBULATORY HEALTH CARE

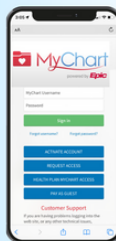
**316 E. Main Street  
Pawhuska, OK. 74056 918.287.9300**

Let us share our Culture of Caring. Now Accepting New Patients.

We have a variety of services:

- Primary Care
- Dental
- Optometry
- Behavioral Health
- Diabetes & Wellness
- Growing Specialty Services
- and More!

**MyChart** at the OSAGE NATION HEALTH SYSTEM



#### New Patient Portal:

- Improved access to your health information
- Communicate directly with your provider
- Request an appointment
- And more!

Install the app on iPhone or Android for real-time access to your health information.

Apple version note: MyChart app versions 10.0 and above require iOS 10.



**OSAGE NATION HEALTH SYSTEM**  
A Culture of Caring

**OSAGE NATION HEALTH SYSTEM**  
A Culture of Caring

Presented by the Diabetes Program

# NUTRITION MONTH COOKING CLASS

**October 2<sup>nd</sup>, and November 6<sup>th</sup> from  
10:30 AM**

**At the new Wahzhazhe Health Center, 2nd floor cooking demonstration kitchen**

Participants will receive a Meal Prep cookbook.  
Healthy snacks will be provided.

316 E. Main Street, Pawhuska 539.212.2373

**OUTDOOR FAMILY  
MOVIE NIGHT**

**SATURDAY, SEPT. 20**

**VENUE OPENS AT  
6:00 PM**

**OSAGE NATION OUTDOOR HEALTH  
COMPLEX**

**PREVENTION DEPARTMENT**  
539.212.2521



# FLU VACCINE

GET YOUR



**OSAGE NATION HEALTH SYSTEM**  
*A Culture of Caring*



## FLU SHOT CLINIC (ADULTS & CHILDREN)

**OCTOBER 1ST & 8TH**

**8 a.m. to 5:30 p.m.**

**Wazhazhe Health Center  
316 West Main Street  
Pawhuska, OK. 74056  
918.287.9300**

**No appointment necessary.  
Available to patients with  
established chart.**



## JOIN THE CONVERSATION!

Learn about Osage Health Watch's mission to empower listeners with valuable information, resources, and inspiring stories—promoting health advocacy and positive change within Indigenous communities.



Follow OHW on Facebook, Instagram, X, Spotify, and YouTube to stay connected and informed!

## Prescription Drug TAKE BACK



**ONHS Healthfair  
Wednesday, October 15<sup>th</sup> at Osage  
County Fairgrounds-Ag Building  
10:00am - 1:00pm**

**Items that won't be taken:**  
No liquids - including insulin  
No needles or sharps (pen needles)  
No inhalers





Sponsored by ONHS Community Health  
Representatives and Senior Services

# 2nd Annual Community HEALTH FAIR

**Wednesday,  
October 15th**

at Osage County  
Fairgrounds-Ag Building  
10:00am - 1:00pm

Free health screenings,  
resources, information,  
giveaways, door prizes,  
and MORE!

For more information contact ONHS  
Community Health Representatives at  
539.212.2615 or CHR@osagehealth.org

Wellness Walk begins at  
9:30 AM.  
Lunch provided and T-  
shirts available (both)  
while supplies last.

This event is free and open  
to the public.



**Saturday, October 11th**

**Osage Hills State Park**  
2131 Osage Hills Park Road, Pawhuska, Ok.

Registration opens at 6:45 AM, Race begins at 8 AM

Male and Female 1st, 2nd, 3rd places will be awarded.

Free to sign up, participants will receive T-Shirts, prizes,  
and snacks.

SCAN ME



OR sign up at this link:

<https://runsignup.com/osagenation5kbuffalorun>

QUESTIONS? CONTACT:

Katie Weigant, RN at

539.212.2373, [katie.weigant@osagehealth.org](mailto:katie.weigant@osagehealth.org)



## OUTDOOR FAMILY MOVIE NIGHT

**SATURDAY, OCT. 24**

**VENUE OPENS AT  
6:00 PM**

OSAGE NATION OUTDOOR HEALTH  
COMPLEX

PREVENTION DEPARTMENT  
539.212.2521





## Employee Recognitions for August



August Birthdays



August Anniversaries



August Employee of the Month - Theodore Brunt



August Unsung Hero Award - Unsung Hero



August Special Leadership Award - Thomas Trumbly



**OUR WEBSITE IS NOW LIVE!!**

🔍 [www.osagehealth.org](http://www.osagehealth.org) ✖️



On our website you can see department resources and information, upcoming ONHS events, make inquiries and so much more. Follow the Osage Nation Health System on facebook for the official announcement.



## FAMILY VIOLENCE PREVENTION

**MONDAY- FRIDAY 8AM TO 4:30PM:**

**539-212-2411**

**24 HOUR CRISIS LINE:**

**866-897-4747**

**ADDRESS:**

**1201 E. 11TH STREET, PAWHUSKA, OK 74056**

**EMAIL:**

**FAMILYVIOLENCE@OSAGEHEALTH.ORG**





## Observances for September and October

### September:

- National Suicide Prevention Week: September 8-14
- Blood Cancer Awareness Month: Throughout September
- Childhood Cancer Awareness Month: Throughout September
- Gynecological Cancer Awareness Month: Throughout September
- National Cholesterol Education Month
- National Childhood Obesity Awareness Month
- National Sickle Cell Awareness Month
- Ovarian Cancer Awareness Month
- Pain Awareness Month
- Prostate Cancer Awareness Month
- Healthy Aging Month
- World Alzheimer's Day: September 21
- National HIV/AIDS and Aging Awareness Day: September 18
- National Celiac Disease Awareness Day: September 13

### October:

- Domestic Violence Awareness Month
- Eye Injury Prevention Month
- Health Literacy Month
- Healthy Lung Month
- Home Eye Safety Month
- Medical Ultrasound Awareness Month
- National ADHD Awareness Month
- National Breast Cancer Awareness Month
- National Bullying Prevention Month

### October:

- National Dental Hygiene Month
- National Down Syndrome Awareness Month
- National Physical Therapy Month
- Prenatal-onset GBS Disease Recognition Month
- Spina Bifida Awareness Month
- Sudden Cardiac Arrest Awareness Month
- Sudden Infant Death Syndrome (SIDS) Awareness Month
- Awareness Weeks
- Mental Illness Awareness Week — October 5-11
- National Primary Care Week — October 5-11
- National PA Week — October 6-12
- Bone and Joint Health Action Week — October 12-20
- International Infection Prevention Week — October 15-21
- National Healthcare Quality Week — October 19-25
- Respiratory Care Week — October 19-25
- National Health Education Week — October 19-25
- National Pharmacy Week — October 21-27
- Red Ribbon Week — October 23-31

### Days to Note:

- World Meningitis Day — October 5
- World Cerebral Palsy Day — October 6
- National Depression Screening Day — October 7
- World Mental Health Day — October 10
- World Sight Day — October 10
- International Day of the Girl — October 11
- Metastatic Breast Cancer Awareness Day — October 13
- Global Handwashing Day — October 15
- National Latino AIDS Awareness Day — October 15
- World Pregnancy and Infant Loss Remembrance Day — October 15
- World Food Day — October 16
- National Mammography Day — October 17
- World Pediatric Bone and Joint Day — October 19
- World Osteoporosis Day — October 20
- National Check Your Meds Day — October 21
- International Stuttering Awareness Day — October 22
- National Prescription Drug Take Back Day — October 26
- World Psoriasis Day — October 29
- World Hypophosphatasia Day — October 30



### IMPORTANT NUMBERS

**Wahzhazhe Health Center**  
**918.287.9300**

**Title VI 539.212.2510**  
**Prevention 539.212.2521**  
**ONHS Security 539.212.2559**

**Family Violence Prevention (FVP)**  
**539.212.2506**  
**FVP 24/7 Crisis Hotline**  
**866.897.4747**

**24/7 Suicide Crisis Lifeline:**  
**988**

**ONHS Counseling Center**  
**M-F 8a-4:30p**  
**539.212.2499**

**988** SUICIDE & CRISIS  
**LIFELINE**