



American Indian  
Cancer Foundation.



**MAKE CANCER  
SCREENING PART  
OF YOUR ROUTINE**

One Way To Advocate  
For Your Health, Is To  
Make Preventative  
Cancer Screenings  
Part Of Your Regular  
Health Routine



Talk To Your Healthcare  
Provider About The Best  
Screening Options For You

American Indian and Alaska Native (Native American) people have much higher rates of getting several cancers, including lung, colorectal, liver, stomach, and kidney cancers, compared to Non-Hispanic White people in the United States. (CDC)



**TOGETHER WE CAN RECLAIM  
INDIGENOUS HEALTH**

# Zoongide'iwin

(Courage)

*"It's okay to be scared,  
but we have to fight it with  
everything we have. The  
creator made us strong"*  
- Jean Howard

Screening Saves Lives,  
So Make Cancer Screens  
Part Of Your Routine

## Risk Definitions

### Average Risk:

The overall risk for developing cancer climbs steadily as age increases.

### High Risk:

You may be considered high risk if you have a family history or certain lifestyle risks (Smoking, obesity). You should always discuss these concerns with your health care provider.

#Cancerscreeningsaveslives



## WHO SHOULD GET SCREENED:

- WOMEN 40-49 YEARS OLD WHO HAVE DISCUSSED HISTORY AND RISKS WITH THEIR HEALTH CARE PROVIDER
- WOMEN 50-74 YEARS OLD

## HOW OFTEN SHOULD YOU BE SCREENED:

- 40-49- PER HEALTH CARE PROVIDER RECOMMENDATION
- 50-74- EVERY TWO YEARS



## TYPES OF SCREENS:

- **MAMMOGRAM**  
AN XRAY OF THE BREAST
- **BREAST MRI**  
USED ALONG WITH MAMMOGRAMS FOR WOMEN WHO ARE HIGH RISK
- **CLINICAL BREAST EXAM**  
EXAMINATION DONE BY A HEALTH CARE PROVIDER

## WHO SHOULD GET SCREENED:

- WOMEN 21-29- (PAP TEST)
- WOMEN 30-65- (PAP TEST & HPV)
- WOMEN OVER 65 YEARS-  
DISCUSS WITH YOUR HEALTH  
CARE PROVIDER YOUR  
REPRODUCTIVE AND SEXUAL  
HEALTH HISTORY



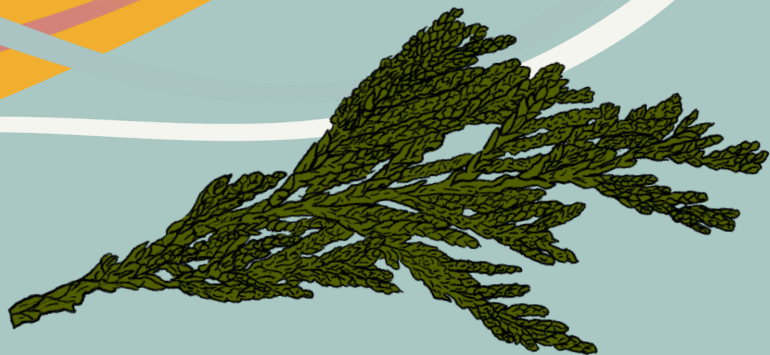
## HOW OFTEN SHOULD YOU BE SCREENED:

- **AGES 21-29-** WITH A NORMAL PAP TEST, POTENTIALLY EVERY THREE YEARS
- **AGES 30-65-**  
HPV: IF NORMAL, EVERY 5 YEARS  
PAP: IF NORMAL, EVERY 3 YEARS  
PAP & HPV: IF NORMAL, EVERY 5 YEARS
- **OVER 65-** SPEAK WITH YOUR HEALTH CARE PROVIDER

## TYPES OF SCREENS:

- **HPV TEST:** LOOKS FOR THE HUMAN PAPILLOMAVIRUS, WHICH CAN CAUSE CELL CHANGES ON THE CERVIX
- **PAP TEST:** LOOKS FOR PRECANCERS OR CELL CHANGES ON THE CERVIX

BOTH HPV AND PAP TESTS ARE DONE IN THE CLINIC. A HEALTH CARE PROVIDER WILL VIEW AND COLLECT CELLS THAT ARE SENT TO A LABORATORY FOR TESTING.





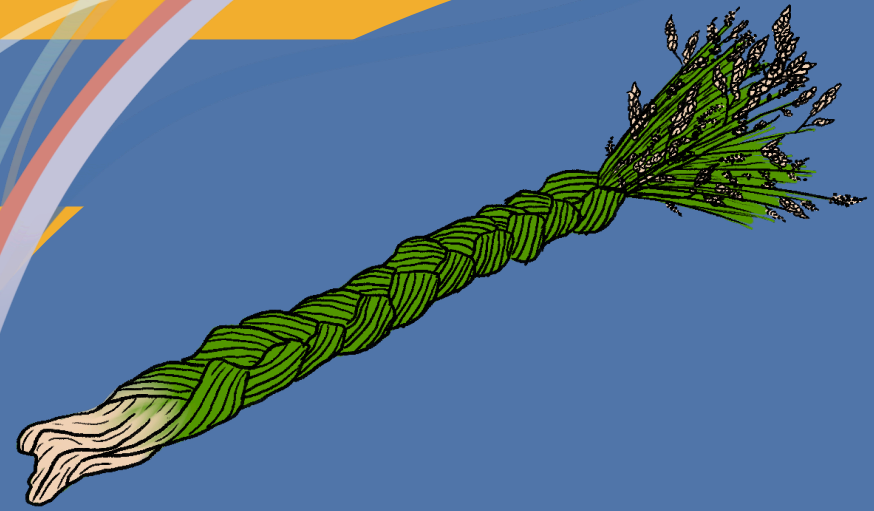
## WHO SHOULD GET SCREENED:

- ADULTS AGES 45-75
- YOU MAY NEED TO BE SCREENED EARLIER IF YOU HAVE A FAMILY HISTORY OF COLORECTAL CANCER OR COLORECTAL POLYPS, CROHN'S OR ULCERATIVE COLITIS
- ADULTS AGES 76-85, SPEAK TO YOUR HEALTH CARE PROVIDER ABOUT SCREENING



## HOW OFTEN SHOULD YOU BE SCREENED:

- YOU SHOULD BE SCREENED AT REGULAR INTERVALS. DISCUSS WITH YOUR HEALTH CARE PROVIDER TO DETERMINE THE BEST FIT FOR YOU.
- YOU SHOULD BE SCREENED IF YOU ARE HAVING SYMPTOMS SUCH AS CHANGE IN BOWEL HABITS, BLOOD IN YOUR STOOL, ABDOMINAL PAIN, UNEXPLAINED WEIGHT LOSS.
- IF YOU HAVE ANY QUESTIONS, YOU SHOULD REACH OUT TO YOUR HEALTH CARE PROVIDER RIGHT AWAY.



## TYPES OF SCREENS:

- STOOL TESTS (MANY TYPES ARE NOW AVAILABLE)
- FLEXIBLE SIGMOIDOSCOPY
- COLONOSCOPY
- CT COLONOGRAPHY (VIRTUAL COLONOSCOPY)

## WHO SHOULD GET SCREENED:

- INDIVIDUALS WHO HAVE A 20 PACK-YEAR OR MORE SMOKING HISTORY AND SMOKE NOW OR HAVE QUIT WITHIN THE PAST 15 YEARS AND ARE BETWEEN 50-80 YEARS OLD



## HOW OFTEN SHOULD YOU BE SCREENED:

- ANNUALLY IF YOU MEET THE CRITERIA



## TYPES OF SCREENS:

- THE ONLY RECOMMENDED SCREENING TEST FOR LUNG CANCER IS A LOW-DOSE COMPUTED TOMOGRAPHY (ALSO CALLED A LOW DOSE CT SCAN). SCREENING IS ONLY RECOMMENDED FOR THOSE WHO ARE HIGH RISK.

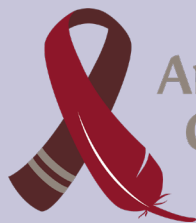
AAKWA'ODE'EWIN

(BRAVERY)

*"PREVENTATIVE MEASURES  
ARE THE WAY TO GO"*  
- JOHNNY NELSON

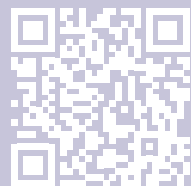
#CANCERSCREENINGSAVESLIVES





American Indian  
Cancer Foundation®

AICAF MISSION STATEMENT: ELIMINATE  
THE CANCER BURDENS OF INDIGENOUS  
PEOPLE THROUGH IMPROVED ACCESS  
TO PREVENTION, EARLY DETECTION,  
TREATMENT, AND SURVIVOR SUPPORT.



REFERENCES: AMERICANINDIANCANCER.ORG  
CDC.GOV

CLINIC INFORMATION:



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