



## American Indians and lung cancer

American Indian and Alaska Natives are at a high risk for lung cancer. Lung cancer is the leading cause of cancer death.

In some regions, like Alaska, the Northern Plains, and the Southern Plains, American Indians have higher rates of lung cancer and lung cancer death than other groups.

Using commercial tobacco is the primary cause of lung cancer. Commercial tobacco contains addictive and toxic additives that traditional tobacco does not. It is safe to use traditional tobacco for ceremonial purposes.

Lung cancer treatments have advanced a lot in the last 20 years, and early detection through screening improves health outcomes. Screening saves lives by catching lung cancer early, when it's easier to treat. Honor your health by talking to your health care provider about your risk factors today.

## How to get screened

- Talk with your health care provider about eligibility and if it is right for you
- Most insurance plans cover lung cancer screening if you are eligible. Contact your insurance plan to find out if you are covered
- If you're don't have insurance talk with your clinic about other options and resources to get screened



## The best time to catch lung cancer is when you're feeling well

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[www.AmericanIndianCancer.org](http://www.AmericanIndianCancer.org)

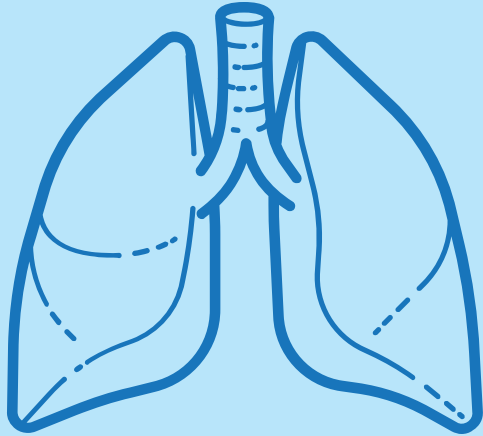


# Lung Cancer Screening

## Be Aware. Take Action.



**Screening saves lives. We know it works for breast, prostate, cervical, and colon cancers. Now we know it works for lung cancer, too.**



## What are the risk factors of lung cancer?

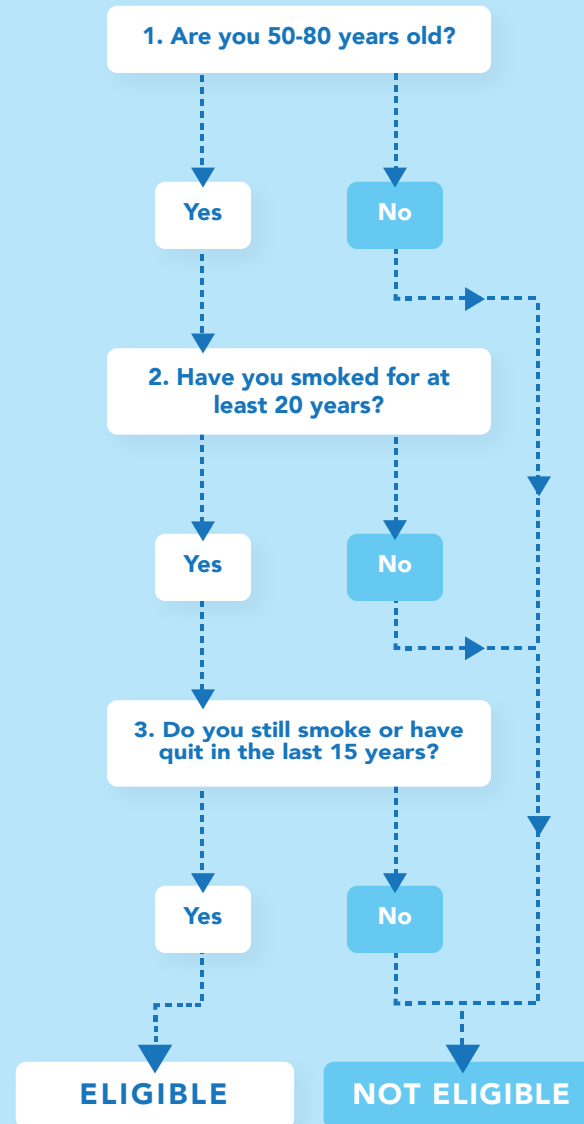
- Using commercial tobacco is the #1 cause of lung cancer. This includes cigarette smoking and other tobacco products such as cigars or pipes
- Other risk factors include exposure to second-hand smoke, radon, asbestos and other carcinogens, and a family history of lung cancer

## Why get screened?

- Cancer screening saves lives. Getting screened allows your health care team to find cancer early, when it is most treatable
- The best time to get screened is when you are feeling well. There have been many advances in detecting and treating lung cancer. Be aware of your risk factors and seek preventive health care to ensure your long term health
- Every Native life is sacred. Getting screened is a great way to honor yourself, your ancestors, and future generations

## Who should consider getting screened?

Anyone who can say "yes" to all three of these questions



Talk with your health care provider for more information and if screening is right for you.



## Lung cancer screening process - What to expect

Lung cancer screening is easier than you might expect.

- There is no preparation needed
- The screening is fast and painless
- The process involves low radiation

## Where can I get screened?

- Talk to your health care provider about where you can get screened near you.