

MAKE CANCER SCREENING PART OF YOUR ROUTINE



**American Indian
Cancer Foundation.**



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





**TOGETHER WE CAN RECLAIM
INDIGENOUS HEALTH**



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)

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.



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

BREAST SCREENING

HOW OFTEN SHOULD YOU BE SCREENED:

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

BREAST SCREENING

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

BREAST SCREENING

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

CERVICAL SCREENING

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

CERVICAL SCREENING

TYPES OF SCREENS:

- **HPV TEST:** LOOKS FOR THE HUMAN PAPILOMAVIRUS, 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.

CERVICAL SCREENING

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

COLORECTAL 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.

COLORECTAL SCREENING

TYPES OF SCREENS:

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

COLORECTAL SCREENING

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

LUNG SCREENING

HOW OFTEN SHOULD YOU BE SCREENED:

- ANNUALLY IF YOU MEET THE CRITERIA



LUNG SCREENING

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.

LUNG SCREENING

AAKWA'ODE'EWIN

(BRAVERY)

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

#CANCERSCREENINGSAVESLIVES

CLINIC INFORMATION:



A large white rounded rectangle placeholder for clinic information, set against a background of orange and purple with abstract colorful lines.



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:

[CDC.GOV](https://www.cdc.gov)

[AMERICANINDIANCANCER.ORG](https://www.americanindiancancer.org)