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EMPOWERING NATIVE COMMUNITIES: AICAF'S RESPONSE TO THE UPDATED USPSTF BREAST CANCER SCREENING RECOMMENDATION

ST. PAUL, MN— The U.S. Preventative Services Task Force (USPSTF) recently finalized their breast cancer screening recommendation, officially stating that all women be screened for breast cancer every other year beginning at 40 years old. At the American Indian Cancer Foundation (AICAF), we are committed to advocating for our community's unique needs within these recommendations.

Recognizing the disparities faced by American Indian/Alaska Native (AI/AN) women is vital, where breast cancer is the second leading cause of death. These rates vary by tribe, region, and gender but are often much higher than non-Hispanic White people. We aim to empower our relatives to honor their bodies by being proactive about their health and this includes recognizing when to prioritize cancer screening.

There is no one-size-fits-all answer for breast cancer screening, but there are resources available to help women as they near their 40's to take charge of their health. AICAF offers resources to help our relatives in understanding risk factors, the role of family history, and making personalized screening decisions.

Knowing your family history is key in determining individual risk factors for cancer and discussing it with your health care provider can help tailor a screening plan that's right for you. Use our culturally tailored women's screening and vaccination by decade resources to navigate your screening options effectively during your next doctor's visit.

Together, we can ensure that our loved ones undergo breast cancer screening without delay. Early detection through regular self-exams and cancer screening can greatly improve treatment outcomes. To learn more about Indigenous breast cancer burdens and solutions, visit americanindiancancer.org

About the American Indian Cancer Foundation

AICAF is a national Native-led and Native-governed non-profit organization established to address the tremendous cancer burdens faced by Native people. AICAF strives to be a partner trusted by tribes and organizations, working toward effective and sustainable cancer solutions based on cultural teachings and wisdom.

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