

*Native Women's*

# Wellness

CANCER PREVENTION, DETECTION AND CARE

**MARY NANCE AND THE COLORS OF HEALING**

THE LOOK OF SURVIVORSHIP

**CARING FOR THE CAREGIVER**

HOW TO TAKE CARE OF YOURSELF TOO!

**TRADITIONAL FOODS MADE EASY**

**PINE NEEDLE WEAVING**



*Janette is a cervical cancer survivor.  
Now she wants other women to  
learn the importance of  
cancer screening and  
early detection.*

**“ There is no shame.  
It’s time to get your  
checkup! ”**

— Janette Havatone  
Hualapai

See Janette’s story on page 9

- ❖ Screening can save your life by preventing cancer or detecting it early
- ❖ Get screened—don’t wait for pain or physical symptoms
- ❖ Talk to your doctor about your personal and family history to determine when to begin screening and how often
- ❖ Follow-up with your doctor if your test results are not normal

## Get screened!

Some people need to start screening earlier. Please talk to your doctor.

Screening for:	Breast	Cervical	Colon
Type of test:	• Mammogram	• Pap test • HPV test (may be used in addition to Pap)	• Colonoscopy • Sigmoidoscopy • Fecal occult blood test

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## Acknowledgments

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## Disclaimer

This publication should not substitute for professional advice by a health care professional. Readers should always consult a physician or other health care professional for medical treatment and advice.

Please note that the phrase, "see your doctor," refers also to tribal clinic professionals such as a Physician's Assistant, a Nurse Practitioner and/or Nurse Midwife.



## NACR

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The Native American Cancer Research Corporation (NACR), is a national non-profit organization "... dedicated to helping improve the lives of Native American cancer patients and survivors. We seek to reduce Native American cancer incidence and mortality, and to increase survival from cancer among Native Americans."

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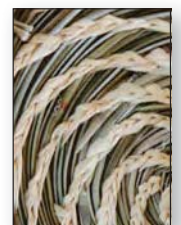


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## On the cover:

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