

# Native American Cancer Research Corporation Cancer 100 Fact Sheet



- 🍲 Research indicates that only 5% of cancers are hereditary.
- 🍲 Which means you have the power to do something about it.
- 🍲 Reduce your risk: Eat well. Be active. Don't smoke or use tobacco and Get screened.
- 🍲 Now you know. Now you can.

## Why talk about cancer?

- 🍲 Because cancer is now the 2nd leading cause of death for American Indians and Alaska Natives (AIANs) over 45 years old.
- 🍲 Cancer is continuing to increase with AIANs even though the disease is becoming less common among whites.
- 🍲 The primary reason for our continued increase is due to our daily behaviors
- 🍲 Reduce Your Risk for Cancer.

## What is Cancer? (CAN-sir)

**A group of over 100 diseases in which abnormal cells**

- 🍲 Divide without control
- 🍲 Don't die when they should (Apoptosis)

## Cancer is primarily a disease of older people

- 🍲 Occasionally occurs in young people (e.g., childhood leukemia, cervical, testicular)
- 🍲 But, the majority of cancers appear in people who are older (over 45)

***Cancer develops over time. It is a result of a complex mix of factors related to:***

- ✔ ***Lifestyle (daily behaviors)***
- ✔ ***Environment***
- ✔ ***Heredity***
- ✔ ***These are called risk factors***



Ruby Wells  
Cherokee Nation of OK  
Dx. breast 2001

## Cancer & Natives Facts

There are different types of cancer that are higher or lower by geographic region and Tribal Nation; such as:

- The rate of prostate cancer among Northern Plains is very high
- There is more stomach, kidney and gallbladder cancer among Southwestern Tribal Nations
- There is more CRC, breast and lung cancer among AK, Northern Plains and Southern Plains

## What are three types of cancer that you can get screened for without symptoms?

- 🍲 Breast Cancer – Mammograms (Begin after age 40 and women only)
- 🍲 Cervix Cancer – Pap Tests (Begin in child bearing age)
- 🍲 Colon Cancer – Colonoscopy, Flexible Sigmoidoscopy, or a Stool Test ( Begin at 50 years old for both men and women)

## Different types of cancer affect different types of body tissue

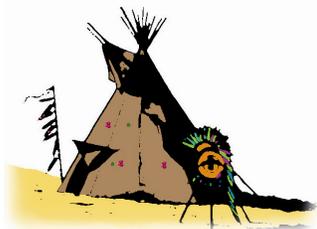
- 🍷 **Carcinoma.** Originates from tissues that cover a surface or line a cavity of the body. This is the most common type of cancer.
- 🍷 **Sarcoma.** Originates from tissues which connect, support or surround other tissues and organs. Can be either soft tissue or bone sarcomas.
- 🍷 **Myeloma.** Originates in the bone marrow in the blood cells that manufacture antibodies.
- 🍷 **Lymphoma.** Originates in lymph system--the circulatory network of vessels, spaces, and nodes carrying lymph, the almost colorless fluid that bathes the body's cells.
- 🍷 **Leukemia.** Involves the blood-forming tissues and blood cells.

**Cancers are identified by the place they originate within the body. For example:**

- |          |          |
|----------|----------|
| •Breast  | Prostate |
| •Cervix  | Pancreas |
| •Colon   | Brain    |
| •Stomach | Bladder  |

## Can Cancer Cells spread to other parts of the body?

- Cancer cells have the ability to spread from one part of the body to another part of the body
- When cancer cells go to another body part, they can begin to grow without control in the new location
- But a breast cancer cell in the liver is still "breast cancer" (primary site)



## What is Metastasis (ma-TAS-ta-sis)?

- 🍷 This means that cancer cells have spread from one body part to another
- 🍷 The cancer cells spread from the "primary site" to other organs by traveling through the blood vessels or lymph vessels

## What is cancer screening?

- 🍷 The process of evaluating a healthy individual to see if they have a tumor that is pre-cancerous or cancer.

## What is diagnosis?

- 🍷 The process and result of determining if the symptoms or evidence of cancer is really cancer.

## The Provider...

- 🍷 Asks about symptoms
- 🍷 Asks about medical history
- 🍷 Performs a physical exam
- 🍷 Orders tests and imaging procedures
- 🍷 Performs biopsy--to determine whether cancer cells are present



**Daily physical activity protects you against developing cancer!**

## What “makes” something a bigger “risk” for cancer?

Frequency

how often does the “risk” or behavior happen? (e.g., smoke >2 packs of cigarettes a day)

Duration

how long does the “risk” or behavior last? (e.g., smoked since 14 years old)

Intensity

how strong is the dosage of the “risk” or behavior? (e.g., smoke Marlboro -- high nicotine cigarettes)

## Risk Factors:

- 🍵 Usually refers to a behavior or exposure to something that increases your chances of getting cancer
- 🍵 They may also be something that you have little to no control over
- 🍵 Hereditary genes from your parents
- 🍵 Your gender (male or female)
- 🍵 Pollution of the water or land where you fish or hunt

## What is a tumor and is it cancer?

- 🍵 This is a growth or mass formed by excess cells
- 🍵 A "benign" tumor is not cancer and it does not “become” cancer. It just stays “benign”
- 🍵 8 out of 10 tumors are not cancer (they are "benign")
- 🍵 A "malignant" tumor is cancer and can spread to other parts of the body

### Benign tumors:

- 🍵 Not cancer
- 🍵 Can often be removed
- 🍵 In most cases do not come back
- 🍵 Do not spread to other parts of the body
- 🍵 Rarely a threat to life

### Malignant Tumors:

- 🍵 Are cancer
- 🍵 Cells abnormal
- 🍵 Cells divide without control or order
- 🍵 Enlarge “mass”
- 🍵 Metastasize

## How is cancer treated?

Most cancers are treated with:

- Surgery
- Radiation therapy (including new ways to do brachytherapy)
- Chemotherapy
- Hormone therapy
- Cryosurgery
- Biological therapy
- A combination of the above

**Why was cancer not common among our ancestors?**

**They lived a lifestyle of eating healthy and lots of exercise!**

“Ceremonial tobacco” use typically is not a risk because there is brief

- ⊕ Frequency
- ⊕ Duration
- ⊕ Intensity (dosage)



## REMEMBER:

- 🍵 Certain types of cancer are preventable!
- 🍵 Early detection is important!
- 🍵 Get your cancer screening today!

## What Causes Cancer?

**We really don't know for all cancers!**

“Cause” means there is a direct link between the behavior or “factor” eventually resulting in cancer such as:

- 🍷 Habitual use of manufactured tobacco causing lung problems
- 🍷 Some types of HPV can “cause” cervix cancer

**Exposure to “Risk Factors” increases your chances of developing cancer.**

- 🍷 “Risk Factor(s)” usually refers to behaviors / exposures to something that increases your chances of getting cancer

## Behavioral Risk Factors:

**Alcohol (~ >7 for women or >14 for men drinks a week) is a risk factor for:**

Breast Cancer      Lung Cancer  
Colon Cancer      Prostate Cancer

**Exposure to smoke from commercial tobacco is a risk factor for:**

Cervix Cancer      Lung Cancer  
Colorectal Cancer      Stomach Cancer  
Esophageal Cancer      Pancreas Cancer  
Prostate Cancer

**Obesity is a risk factor for:**

Breast Cancer      Gallbladder Cancer  
Colorectal Cancer      Prostate Cancer

**The “shield” of health** protecting against cancer may include daily physical activity, healthy, low fat diet & limited or no alcohol, and no commercial tobacco use.

**Daily physical activity may help prevent:**

- 🍷 Breast
- 🍷 Colorectal
- 🍷 Prostate
- 🍷 ... about 30% of all cancers

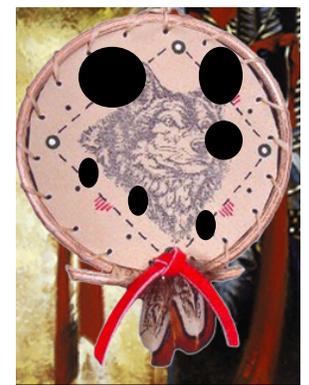
**Risks for cancer include:**

- 🍷 Obesity
- 🍷 Daily intake of alcohol
- 🍷 Daily intake of commercial tobacco smoke including Second Hand Smoke
- 🍷 Exposure to Environmental Contaminants
- 🍷 Not eating fruits and vegetables daily
- 🍷 Not getting enough exercise or physical activity daily.
- 🍷 Diets that have high amounts of fat
- 🍷 More than three sexual partners throughout your lifetime

**What does the shield below tell you about cancer risks?**



**The shield of health / risks**



The holes mean the person has risks for cancer.

Partially supported by “Native Navigators and the Cancer Continuum (NNACC) [PI: Burhansstipanov, R24MD002811]

**For more information, contact**

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Partially supported by Mayo Clinic's “Spirit of EAGLES Community Network Programs 2” [P.I. Kaur; U54CA153605]

