

Reclaiming Indigenous Health by Centering Kinship within Cancer Survivorship Programming



American Indian
Cancer Foundation®

American Indian Cancer Foundation (AICAF)



American Indian Cancer Foundation (AICAF) is a national non-profit organization established to address tremendous cancer inequities faced by American Indian and Alaska Natives.

Mission:

Eliminate cancer burdens on American Indian and Alaska Native people through education and improved access to prevention, early detection, treatment and survivor support.

AICAF Approach



We believe Native communities have the wisdom to find the solutions to cancer inequities, but are often seeking the organizational capacity, expert input, and resources to do so.

We support innovative, community-based interventions that engage Native populations in the discovery of their own cancer best practices.

We strive to be a partner trusted by tribal and urban community members, leaders, health care providers, and others working toward effective and sustainable cancer solutions.

Relations

- Lindsey Petras, MSN, RN
- Cancer Programs Project Manager
- Located in Wisconsin, on Ojibwe land

- Misha LaPlante
- Cancer Programs Project Manager
- Bay Mills Ojibwe/Blackfeet
- Located in Mni Sota; on Dakota land

If you would like to share, please provide in the chat:

- Name
- Role
- Who stewards the land you are on?
- Who do you dedicate your work to?



Gnoozhekaaning; Bay Mills, MI w Nookomis

Learning Objectives

By the end of the presentation, attendees will be able to:

1. Define kinship in relation to public health programming and services, specifically cancer survivorship programming.
2. Understand ways to reclaim and revitalize Indigenous health and sovereignty by centering kinship.
3. Strategize several ways to support cancer survivors in leading the movement to reclaim Indigenous health.

Survivorship Definition

Cancer survivorship begins at diagnosis and lasts throughout one's lifespan. Survivors can be community members, caregivers, and/or other loved ones intimately impacted by a cancer diagnosis, such as a child, other dependents, or a relative.

Kinship



An intentional act to honor the sacredness of relationships, including acknowledging, uplifting, and celebrating the shared responsibilities and interconnectedness of these connections

How do we honor our relationships so that they support each person in being the relative and ancestor they are meant to be?



Healing with Culture. *Reclaiming Indigenous Health.*

Health System Partnerships:

- Champion inter-tribal collaborations to define cancer barriers and solutions in and across native communities
- Assist health systems to identify gaps and find solutions to effective cancer prevention and care
- Offer systems support to improve cancer screening and tracking systems
- Conduct health care provider education to increase awareness of the importance of the provider role in recommending the right screening, referrals, and treatment for every native patient

Community Education And Outreach:

- Perform community education and outreach to raise awareness of cancer prevention, promote early detection, and encourage positive health behaviours that can aid in healing our families
- Deploy community health workers to help men and women overcome screening barriers

Community-Based Research:

- Work with communities to identify research questions, methods, and funding opportunities
- Support the collection and use of population-specific data to guide efforts
- Make sure our findings are shared and published so all Native communities can benefit from new health ideas, knowledge, and methods

AICAF Guideposts for Collaboration

- Prioritize
 - Relatives
 - Tribal & Community Sovereignty & Self-Determination
 - Indigenous Lifeways/Ways of Knowing
- Trust that the community has the wisdom and solutions to address health disparities which affect their community
- Seek input early on from the community
- Change organizational practices
- Actualize change through strategies that are conceived through community member engagement and conversation

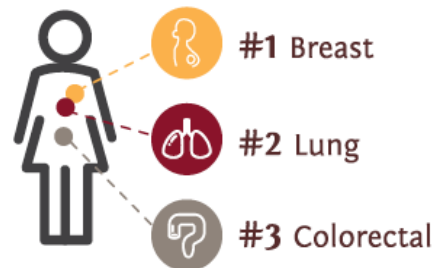
Cancer in Indian Country

Cancer is the...


**#1 Cause of Death
for Women**


 #2 Heart Disease
 #3 Unintentional Injury

**The most commonly
diagnosed cancers are...**



**#2 Cause of Death
for Men**

 #1 Heart Disease
 #3 Unintentional Injury

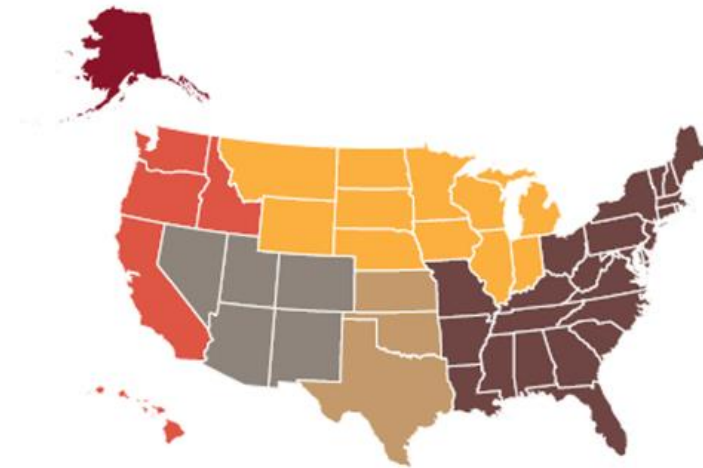
 **Lung cancer is the leading
cause of cancer death for
men and women.**

Other leading causes of cancer death are...



Cancer in Indian Country

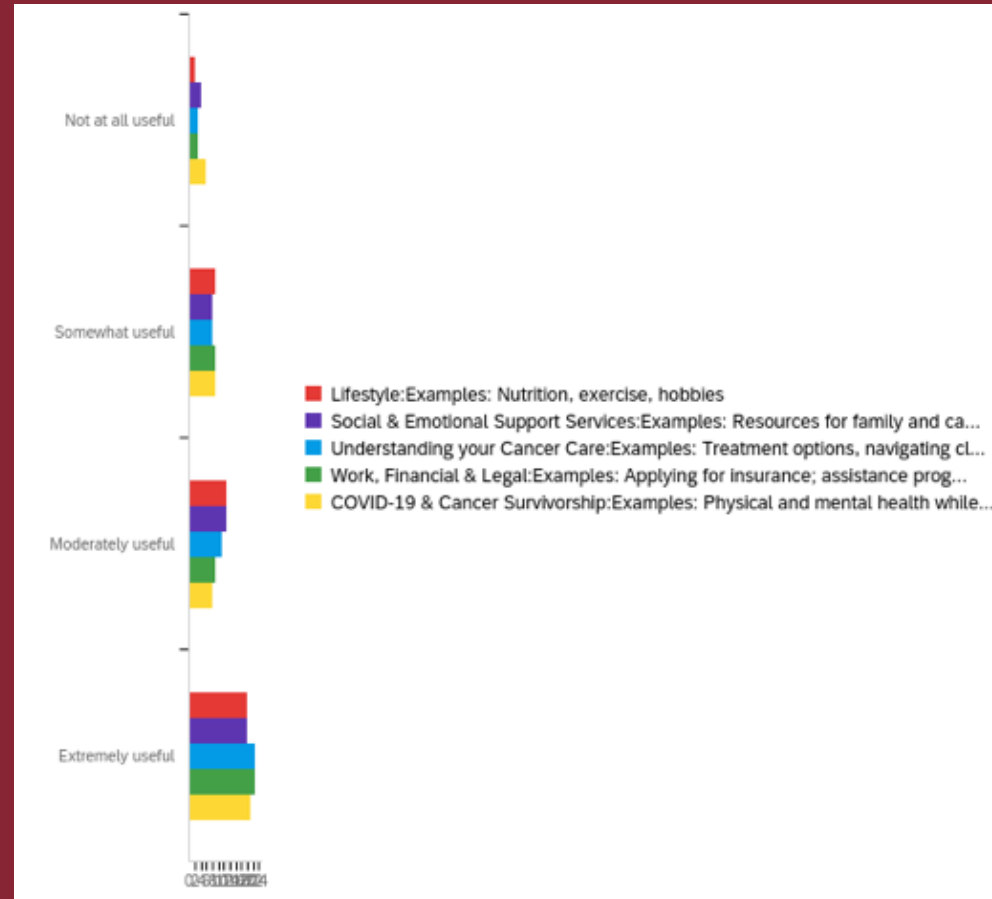
Distinct patterns in AI/AN cancer rates are observed across six geographic regions defined by the Indian Health Service.



AICAF Survivor Support Survey (2022)

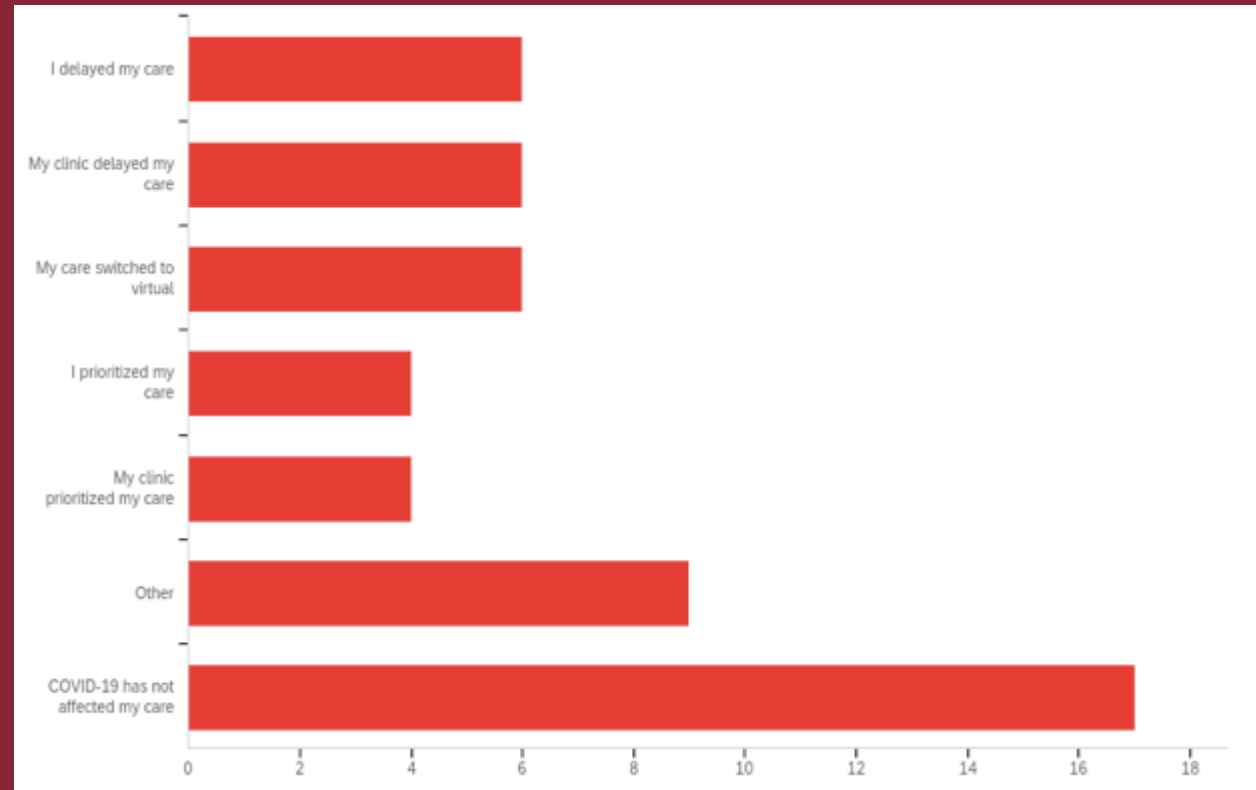
- Results collected so far in 2022...
- Demographics:
 - Diagnosed >50
 - Representation from
 - Most responded as cancer survivors
 - Most were in remission
 - Mostly female respondents
 - Most were diagnosed in stage 4, with a range between 0-3
 - Nearly half lived in rural areas, with the other half in urban settings

Survivor Support Survey Results



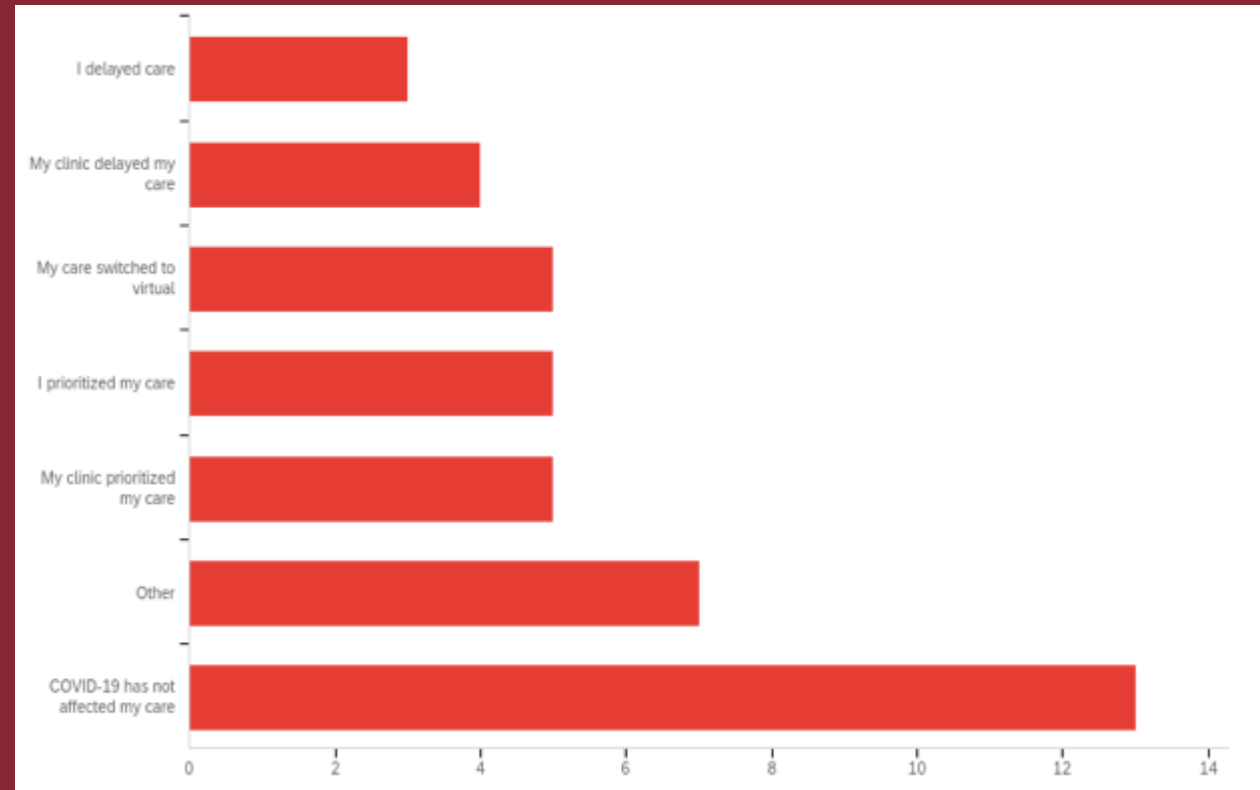
Cancer in Indian Country During COVID-19

How has COVID-19 impacted your traditional medicine cancer treatment?



Cancer in Indian Country During COVID-19

How has COVID-19 impacted your non-traditional/commercialized medicine cancer treatment?



Additional Takeaways

- Some of the biggest challenges:
 - Barriers: **finances**, transportation, culturally-responsive health care team, etc.
 - Treatment & side effects
 - Dealing with the day-to-day feelings
- More support is needed:
 - Barriers to care: **finances**, transportation, culturally-responsive health care team, etc.
 - Clinical Trials
 - Social-Emotional Support
 - Financial Support
- *Native cancer survivors can participate throughout 2022. The survey will close on December 30, 2022.*
 - Survey Link: <https://bit.ly/AICAF-Survivorship-Survey>

Reclaiming And Revitalizing Indigenous Health And Sovereignty By Centering Kinship

*How do we support the
patient/relative/community member
to make decisions on their health that
best reflect the person/relative/ancestor
they are and want to be?*

Indigenous Lifeways Are Prevention



Indigenous Lifeways



- Ancestral life addressed the many potential root causes of cancer.
- Adopting many ancestral principles are intuitively, as well as scientifically, supported to reduce cancer risk and bolster natural defenses at all stages along the disease continuum.
- The reductionist approach undermines Indigenous wisdom.
 - The interconnectedness of the whole, rather than focusing on just one aspect of the person, is true medicine.
- Our interconnectedness is our relationships.

Trauma-Informed Care

Experience of trauma can
remove a person from
their bodies



Guiding Principles to Trauma-Informed Care (TIC):

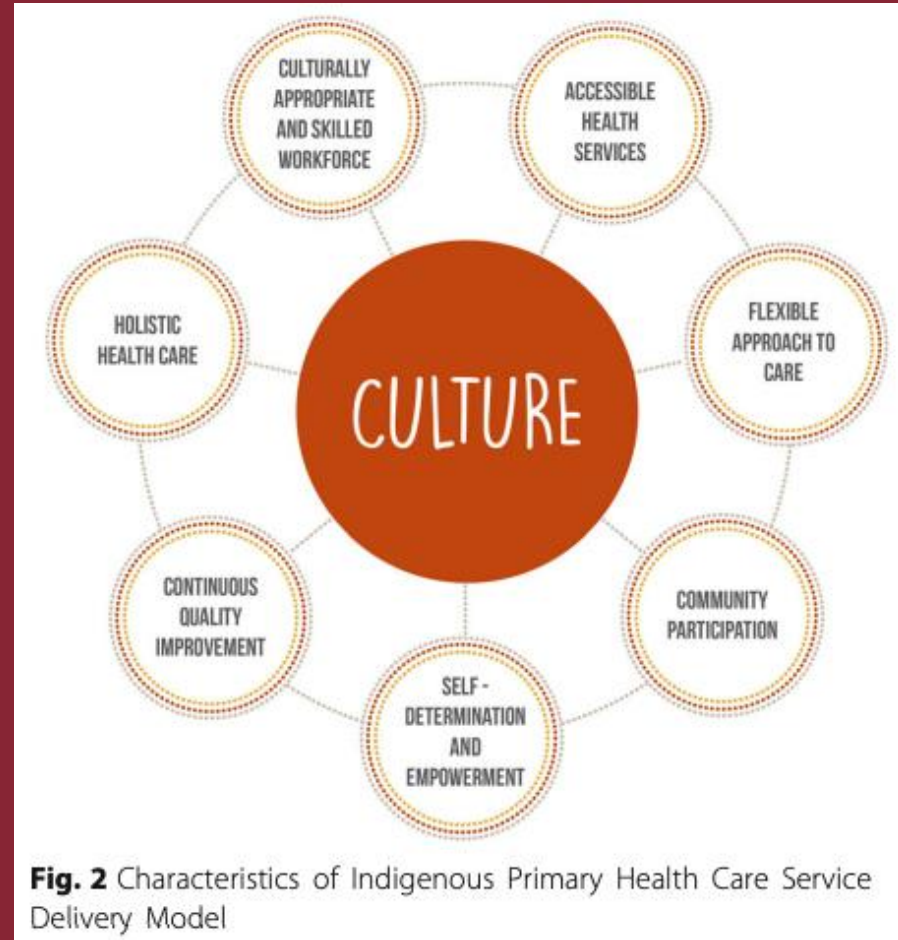
- Safety
- Choice
- Collaboration
- Empowerment
- Trustworthiness

Recognizes the connection to adverse childhood
experiences (ACEs)

Cancer is an experience that can be traumatizing

- Preventative screenings come with the potential risk of additional trauma
- Normalizing screenings will take time

“Characteristics of Indigenous primary health care service delivery models” - Stephen Harfield, Carol Davy, Alexa McArthur, Zachary Munn, Alex Brown, and Ngiare Brown



Harfield et al. Globalization and Health (2018) 14:12 DOI 10.1186/s12992-018-0332-2

Root Causes of Chronic Disease



Adverse Social Determinants of Health

- **Historical & Intergenerational Trauma:** colonization, genocide, stress, disruption of childhood development
- **Poor Access To:** healthy foods, health & human services, employment, education, transportation



Adverse Childhood Experiences

- **Household Dysfunction:** divorce/separation, alcohol abuse, drug use, incarceration, mental illness, domestic violence
- **Abuse:** physical, sexual, verbal, emotional
- **Neglect:** physical, emotional



Behavioral Risk Factors

- **Behavior:** lack of physical activity, unhealthy eating & commercial tobacco use
- **Addiction:** commercial tobacco, alcoholism, drug use, unsafe sex



Poor Health Outcomes

- **Mental Health:** depression, post traumatic stress disorder, suicide
- **Physical Health:** cancer, obesity, diabetes, heart disease, sexually transmitted diseases, chronic obstructive pulmonary disease, HIV, Hep C, cirrhosis



Early Death



Health Equity

Achieving full health potential



Balanced Health

- **Physical:** exercise, eat nutritious meals, get adequate sleep, avoid alcohol and processed foods
- **Mental:** practice mindfulness, seek help when needed, learn how to manage stress, maintain a healthy work and life balance
- **Emotional:** build healthy relationships, value yourself, stay connected with your community, express gratitude
- **Spiritual:** participate in ceremonies, offer prayers, learn your language, connect with elders



Breaking the Cycle of Trauma

- **Protective Factors:** cultural connection, belonging, resilience, safety, healthy coping skills
- **Preventing Adverse Childhood Experiences:** nurturing stable relationships, culturally tailored family education, breastfeeding, connecting families to community system resources



Social Determinants of Health

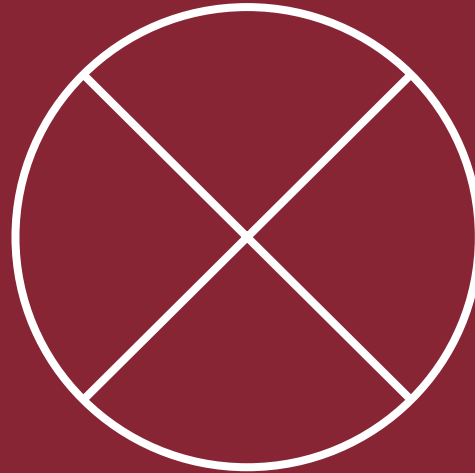
- **Social and Economical:** supportive government, financial institutions, safe transportation routes, cultural activities
- **Increased Access to:** healthy foods, safe physical activity spaces, sacred medicines, health care, education, housing, modes of transportation, internet

Possible perspective: choosing a screening, if the results are abnormal, can be choosing to experience trauma

- “Applying a diagnosis all too often pathologizes the person rather than the process that they experienced, which brought about the injuries. Furthermore, diagnoses complicate identity development. Given these issues, and the fact that most of the imbalance and disharmony experienced by Indigenous people is a result of external colonial focus, it is important to reframe current realities in ways that support healing and wellness.”
(Linklater, 2014)

Relationships/Kinship

- The foundation of our lives is our deep relationships with
 - One another
 - The earth, animal, plant nations
 - Ancestors
- Building relationships/kinship is more than just building rapport. It is deepening relationships for collective collaboration



- Kinship
 - Reciprocity
 - Collaboration
 - Trustworthiness
 - Community Participation
 - Continuous Quality Improvement
 - Respect
 - Safety
 - Culturally-Appropriate & Skilled Workforce
 - Flexible Approach to Care
 - Self-Determination
 - Empowerment
 - Freedom/Sovereignty
 - Choice
 - Accessible Health Services
 - Holistic Health Care

Kinship with Patients & Survivors

What is the health story (or stories) they are sharing?

- Oral Storytelling is a traditional, ancestral practice

- What do they value?
- Opportunities for Connection:
 - Tribal Nation Connection
 - Family/Loved Ones
 - Traditional Medicine/Healing
 - Traditional/Ancestral Lifeways



How do we support the patient/relative/community member to be leaders and make decisions on their health that best reflect the person/relative/ancestor they are and want to be?

Cancer Survivorship Programming

AICAF Cancer Survivorship Programming

- Cancer Survivors Leadership Advisory Council
- Cancer Support Circle
- 1:1 Check-Ins
- Celebrate Indigenous Life Campaign
- Surveys
- Survivor/Caregiver Resources
 - Interviews
 - Webinars
 - Podcasts
 - Articles
 - Print/Digital
 - Policies and Protocols

Cancer Survivors Leadership Advisory Council

- Overall AICAF programming
 - Themes that emerged:
 - Listening, non-judgment, acceptance
 - Support needed for:
 - Survivor
 - Families/Loved Ones
 - Health Care Team
- Projects
 - Cancer Plan
 - Resources
 - Finding Trusted Resources
 - How to Use the Family History Tree
 - Enhancing Your Time with Patients
 - Resources for Cancer Patients
 - Celebrate Indigenous Life Campaign
- Ribbon Work Evaluation

Call for Indigenous Artists

We are looking for artists to use their creative expertise to design several custom ribbon skirts or shirts in partnership with Native cancer survivors and caregivers. Work will be compensated! Check out the detailed description here:

<http://ow.ly/tjGa50IGH7A>

Submit your proposal
to Veronica Seifert
at vseifert@aicaf.org
by April 27.



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AICAF Cancer Support Circle

- IHS Cancer Support Leadership training
- Restorative Practices/ Justice
- Circle creation was informed by a 2021 Cancer Support Circle Evaluation
- Meets twice a month on Thursdays at 6 PM CT

Cancer Support Circle

Looking for support
in your experiences with cancer?

Join the

American Indian Cancer Foundation (AICAF) Virtual Cancer Support Circle!

The support group will offer a space to meet others who are experiencing similar situations. You will be able to tell your story, share your fears, and offer support to others on their cancer journey. Activities during the group include story sharing, guest speakers, and other opportunities. These groups are open to all Native survivors, caregivers, and relatives who have been affected by cancer. Please contact health@aicaf.org to learn more about the circle and other survivorship programming, including support circle facilitation trainings.



Date:

Thursdays					
Jan 27	Feb 10	Feb 24	Mar 10		
Mar 24	Apr 14	Apr 28	May 12	May 26	Jun 9
Jun 23	Jul 14	Jul 28	Aug 11	Aug 25	Sept 8
Sept 22	Oct 13	Oct 27	Nov 10	Nov 17	Dec 15

Time:

2 PM HT / 3 PM AKT / 4 PM PT / 5 PM MT / 6 PM CT / 7 PM ET

Registration:

bit.ly/AICAFcircle2022

1:1 Check-Ins

- Building Kinship with AICAF Interview Survey
- Brief check-ins to review AICAF's survivorship opportunities and programming



Celebrate Indigenous Life!

Cancer survivorship begins at diagnosis and lasts throughout one's lifespan.



*Honor and celebrate
Indigenous life.*


Our ancestral traditions keep us healthy.

-  Use traditional medicines
-  Consume natural nonprocessed foods
-  Maintain daily physical activity & rest
-  Engage with the community in traditional activities
-  Connect with nature
-  Maintain regular medical care
-  Schedule screenings
-  Stay up to date on vaccinations
-  Practice safe behavior

*Support and celebrate the strength and resilience
of Indigenous cancer survivors everywhere!*

#CelebrateIndigenousLife

Join Us VIRTUAL PRAYER Event




FEATURING: Butch Felix
(Rosebud Sioux)

Please join the **American Indian Cancer Foundation (AICAF)** for a virtual prayer event with Butch Felix (Rosebud Sioux) to begin our Celebrate Indigenous Life campaign in June! Throughout the month, we will be honoring, celebrating, and uplifting our Indigenous cancer survivors, their loved ones, and our communities. We ask that you join us in sending good prayers and energy to our relatives. We hope to see you there!

Date: Tuesday, June 1
Time: 5 PM CST
Register: bit.ly/AICAF-CIL

#CelebrateIndigenousLife

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www.AICAF.org

June Celebrate Indigenous Life WEBINARS


Please join the **American Indian Cancer Foundation (AICAF)** and our partners throughout the month of June for our Celebrate Indigenous Life webinars! These events will provide opportunities for our beloved relatives impacted by a cancer diagnosis (and those who support them) to participate and learn from our panelists. All webinars held on **Tuesdays, 2 PM AKT/3 PM PT/4 PM MT/5 PM CT/6 PM ET**

Food as Comfort - JUNE 8

Join us for a discussion panel with Indigenous chefs on how food plays a role in healing.
Register: bit.ly/AICAF68

Holistic Approaches to Support Pain Management from Treatment Onset Through Survivorship - JUNE 15

Listen in on a discussion on various approaches that can help support your pain management journey.
Register: bit.ly/AICAF615




Celebrating Sacred Indigenous Life: Cancer Survivors Panel - JUNE 22

Join AICAF for a survivor-led panel discussion on living with cancer and celebrating Indigenous life, which includes the healing art of storytelling.
Register: bit.ly/622CILpanel

Latseen: Everyday Strength - JUNE 29

Góok dé (Get moving)! This webinar features stretches for every day movement, and an Alaska Native Youth Olympic event demonstration.
Register: bit.ly/AICAF629

#CelebrateIndigenousLife

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Celebrate Indigenous Life OUR STORIES Are Sacred

Please join us for an engaging conversation with cancer survivors from across Indian Country. Our Indigenous relatives who live with cancer are warriors and their stories are sacred.

We are very grateful to be joined by Asa Wright (Klamath), Maria DesJarlait (Red Lake Ojibwe), and Chris Polasky (Sitka), who will share their diverse experiences living with cancer.

Contact health@aicaf.org for more information.



Date: Tuesday, June 22
Time: 2 PM AKST/3 PM PT/4 PM MT/5 PM CT/6 PM ET
Register: bit.ly/622CILpanel

#CelebrateIndigenousLife

Join us Celebrate Indigenous Life PRAYER WALK

Please join the **American Indian Cancer Foundation (AICAF)** on **June 26** for our Celebrate Indigenous Life Prayer Walk! We encourage everyone to honor our relatives impacted by a cancer diagnosis by participating in this special community walk and reflection event.

You can help us honor cancer survivors by going for a prayer walk or any other form of meditative physical activity on this special day. All relatives can take part in this prayer and movement ceremony at any point during **June 26!**

You will be entered into a drawing by tagging **AICAF** or using **#CelebrateIndigenousLife** in your photos and videos on your social media.

When: **ALL DAY June 26th.**
*Join us in movement
and prayer whenever
you have time.*

Where: *You can participate from
anywhere!*



Bring your whole family!



Tell your friends!

This resource was produced and supported through funding to the American Indian Cancer Foundation through the Centers for Disease Control and Prevention Cooperative Agreement #U59DP006277. Content is solely the responsibility of the authors and does not necessarily represent the official views of the Centers for Disease Control and Prevention.

#CelebrateIndigenousLife

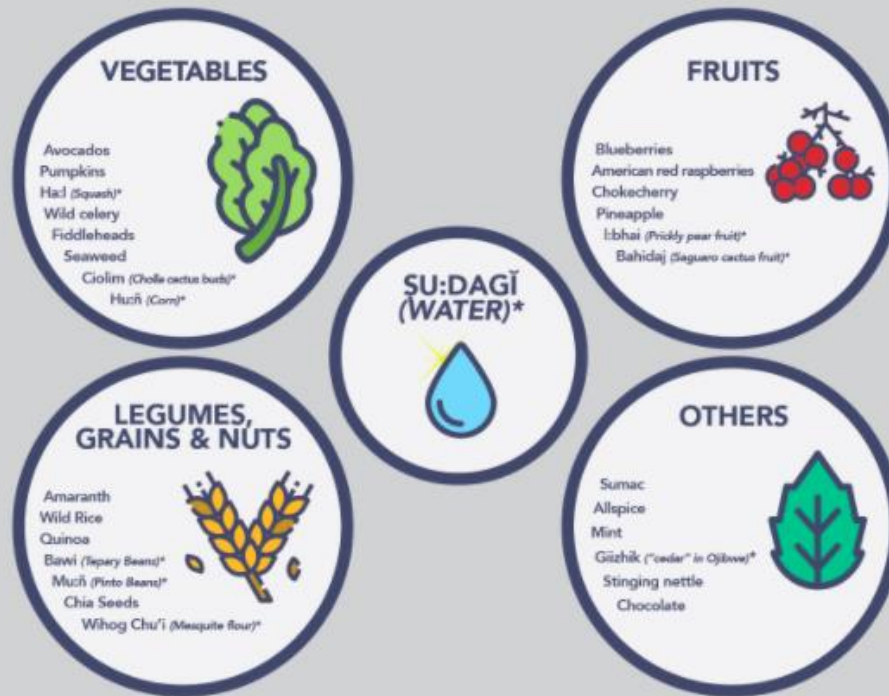
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WWW.AICAF.ORG



INDIGENOUS FOOD FOR YOUR (GUT) HEALTH

FOOD IS MEDICINE. Our ancestors had access to many foods that are important for maintaining a healthy gut. Each of these foods is Indigenous to the North and South American continents. They provide us with several nutrients that fortify our gastrointestinal systems and may help reduce the risk of certain diseases, like colorectal cancer.

Research shows that eating a diet low in processed foods and meats, and including more plant-based meals is beneficial to preventing cancer. In addition to increasing your intake of these foods, make sure to drink plenty of *Şu:dagī* (water)*.



*These words are all translated from Tohono O'odham

GET INSPIRED TO MAKE A GUT-FRIENDLY MEAL!

Use these foods to make:

- Mixed green salad with roasted pumpkin, squash, chia seeds, celery, and corn
- Fruit salad with fresh blueberries, raspberries, and pineapples
- Burrito bowl with quinoa, wild rice, squash, black beans, and avocado
- Chocolate avocado pudding
- Cedar & mint tea
- Water infused with prickly pear fruit

There are many foods that can help reduce the risk for cancer. Keep your gut healthy by incorporating nutrient-dense foods local to your community.

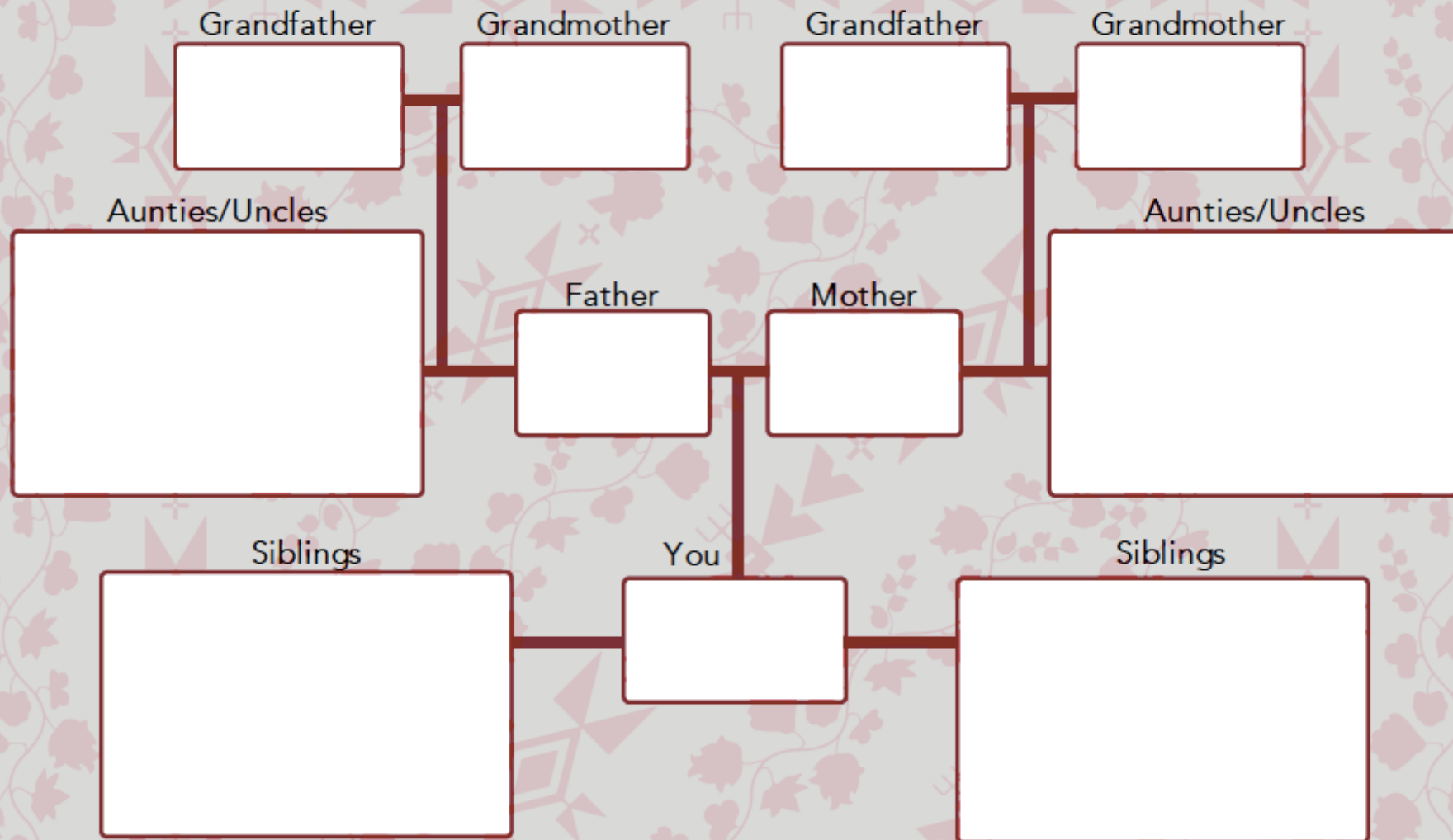


Make copies for family members and share this information with your healthcare provider

Family History Tree

For each blood relative (parents and grandparents, sisters and brothers, children, aunts and uncles, nieces and nephews) write in cancer type and age of diagnosis

Family history of breast, ovarian, uterine, colorectal cancer can increase you and your family's risk of occurrence.



A family history tree diagram with a central vertical line representing the family lineage. At the top, there are four boxes for grandparents, labeled 'Grandfather' and 'Grandmother' on both sides. These are connected by horizontal lines to a central vertical line. Below the grandparents, there are two boxes for 'Aunties/Uncles' on each side, connected to the central line. In the middle, there are two boxes for 'Father' and 'Mother', connected to the central line. Below the parents, there is a box for 'You' in the center, connected to the central line. At the bottom, there are two boxes for 'Siblings' on each side, connected to the central line. The diagram is set against a background with a repeating geometric pattern.

Grandfather

Grandmother

Grandfather

Grandmother

Aunties/Uncles

Father

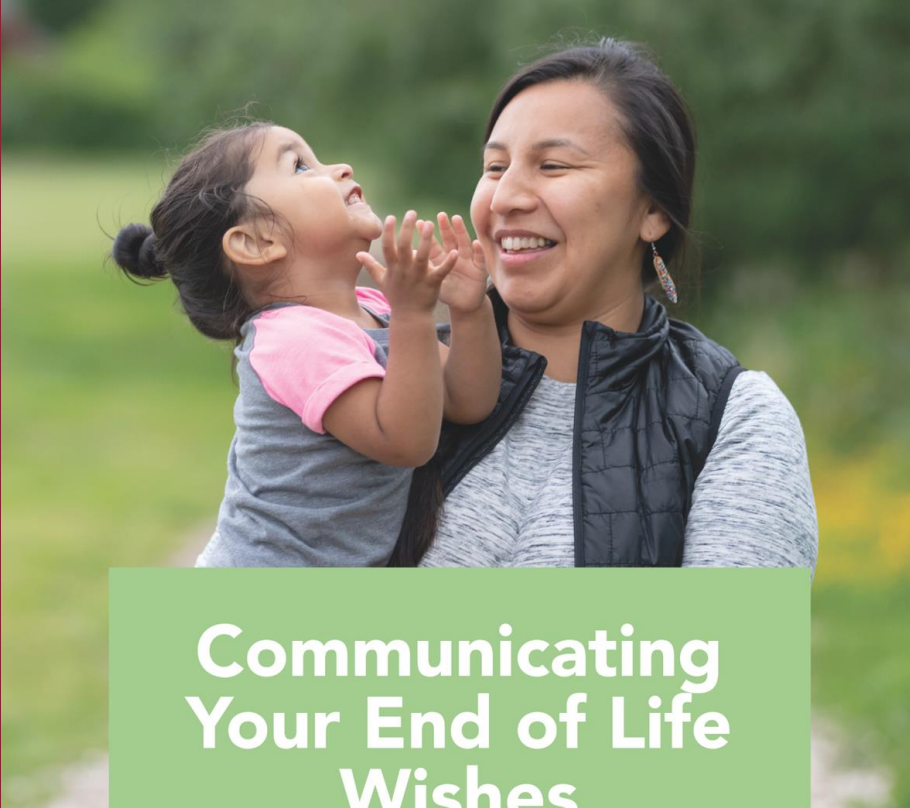
Mother

Aunties/Uncles

Siblings

You

Siblings



Communicating Your End of Life Wishes

A guide to advance care planning,
health directives, and wills

Advancing Care

What are advance directives?

Any document that provides instructions for your health care and/or appoints someone to make medical decisions on your behalf is an advance directive. The most common advance directives include:

1. Living wills
2. Durable power of attorney for health care (also known as the medical durable power of attorney)
3. CPR (cardiopulmonary resuscitation) or DNR (do not resuscitate) Directive

What is a POLST?

The Provider Orders for Life Sustaining Treatment (POLST) is a legal document that guides health care professionals on your treatment during emergency medical situations. The POLST includes do not resuscitate orders, and further specifies additional medical interventions that may be performed, such as hospitalizations, hydration, and artificial nutrition. Learn more at [POLST.org](https://www.polst.org)

What is a living will?

A living will is a legal document that states your wishes about life-sustaining medical treatment. It is used when you are unable to state your own wishes because of permanent unconsciousness or terminal illness. Throughout your lifetime, you can update or change your living will.

Who should have a living will?

Everyone 18 years and older should have a living will. It is the best way to ensure that your health care wishes are upheld.

How does a living will work?

After physicians confirm that you are unable to make your own medical decisions, a living will is used to direct your medical care. If you do not have a living will, your relatives will have to

Survivorship Policy & Protocol

Why policies and protocols?



What's the difference?

Policy is not immediate- it grows overtime with an organization.

Protocol- a defined set of procedures- what are the steps

Survivorship Policy & Protocol

AICAF's survivorship protocol



Survivorship Policy & Protocol

How do we start?



Cultural & Literacy Tailored Materials



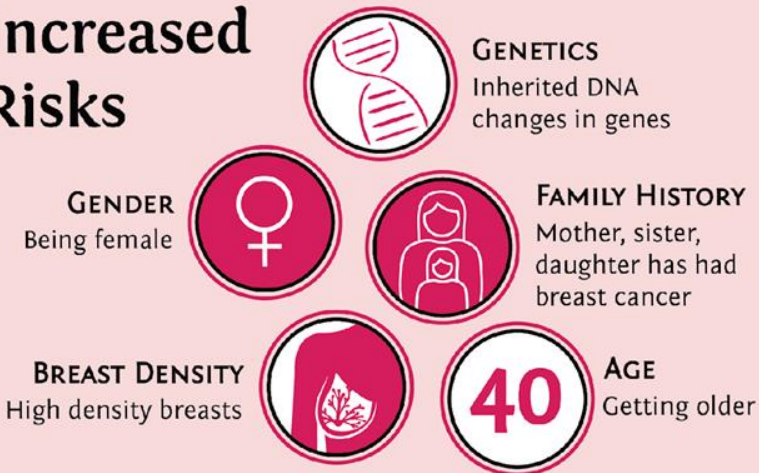
The goal of the AICAF Indigenous Pink national campaign is to spread awareness, educate all Indigenous people on the importance of early detection, and remind our relatives to keep up to date on their breast cancer screenings.

Indigenous Pink

▶▶▶▶▶▶▶ Breast Health

1 in 8  **women will get breast cancer in their lifetime**

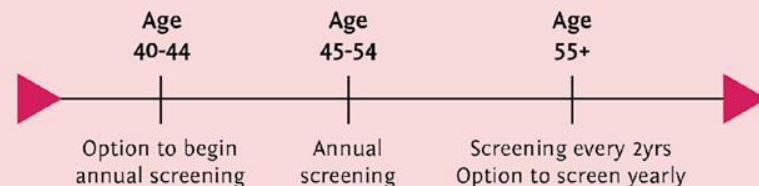
Increased Risks



CONTACT YOUR HEALTH CARE PROVIDER IF YOU HAVE ONE OR MORE OF THESE RISKS

Breast cancer usually has no symptoms when the tumor is small and most treatable.

Screening Guidelines/Recommendations



Breast cancer is the **2nd** leading cause of cancer death for **American Indian women**.
A mammogram may save your life.

What can I do?

BREASTFEED
Breastfeeding reduces estrogen exposure that helps prevent breast cancer

REGULAR MAMMOGRAMS
Women 40+ should have the option to have a mammogram once a year

REGULAR BREAST EXAMS
Speak to your health care provider for options



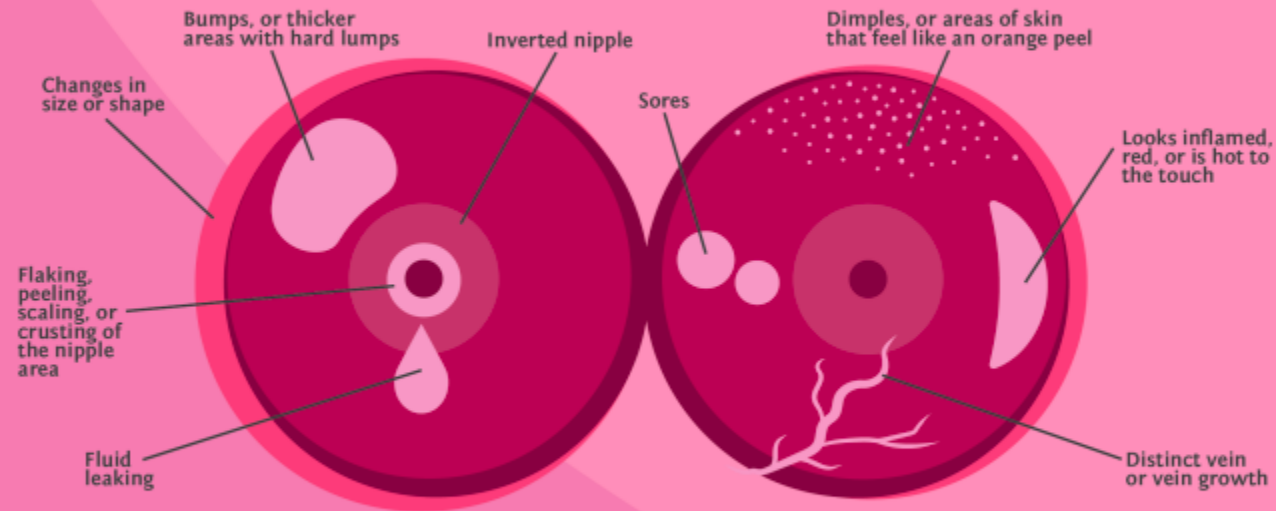
WEIGHT CONTROL
Overweight or obese women are at a higher risk

EXERCISE
Exercising 3 days/week may lower your risk

LIMIT ALCOHOL USE
Alcohol can increase estrogen which can increase risk

CHECK YOUR *DOODOOSHIMAN*

Know the signs & symptoms of breast cancer

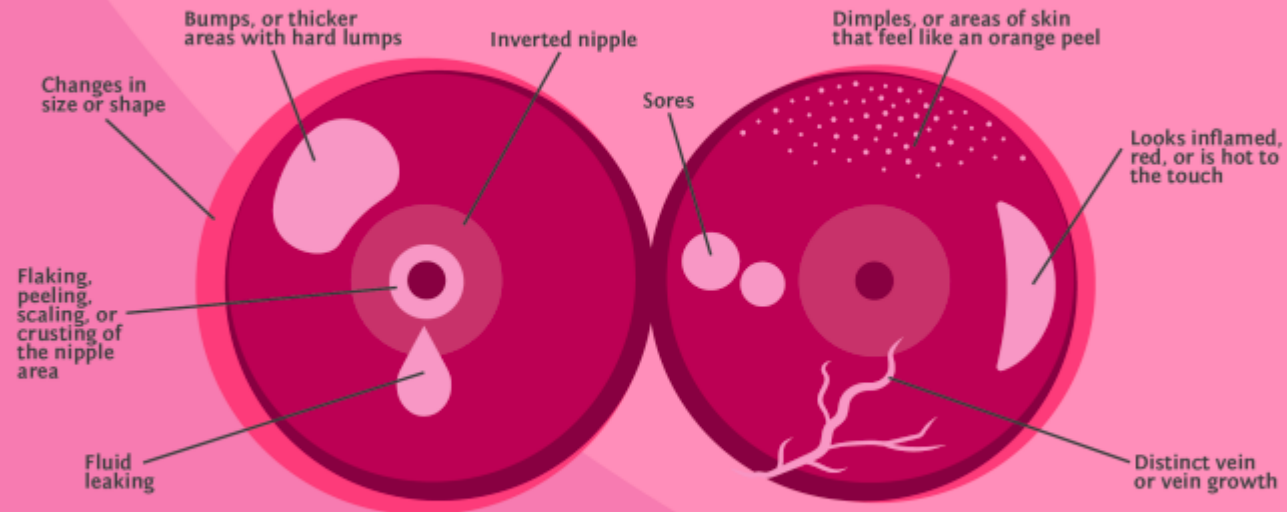


See your doctor right away
if you notice any change or abnormality

CHECK YOUR

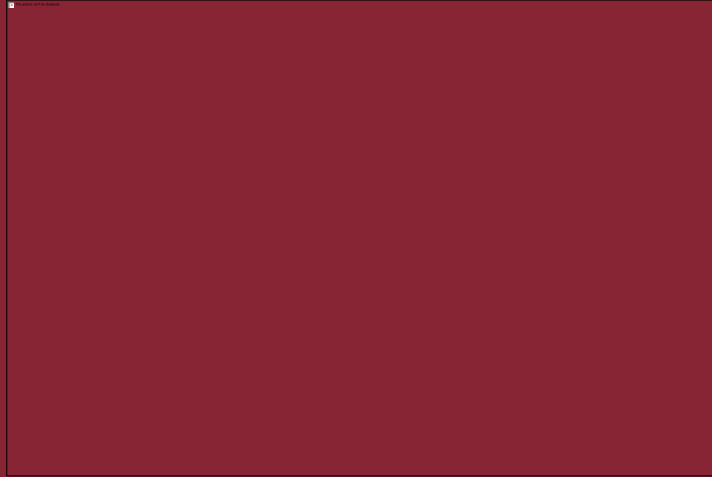
Fill in with your tribe's word for "breasts"

Know the signs & symptoms of breast cancer



**See your doctor right away
if you notice any change or abnormality**

Turquoise Thursday



Turquoise Thursday is a national cervical cancer awareness campaign for Native people. Our team invites Indigenous people of all ages to join us by wearing turquoise clothing and jewelry, and sharing photos on social media using the hashtag #TurquoiseThursday. Native women are nearly twice as likely to develop cervical cancer compared to White women. Turquoise Thursday aims to educate people about the importance of early detection, and remind women to stay up to date on their cancer screenings.

SURVIVOR SOVEREIGNTY

Native people face high rates of sexual assault, sexual abuse, child abuse, and domestic violence. *According to the National Institute of Justice, more than four in five Native men and women have experienced violence in their lifetime.* We understand that scheduling and receiving preventive health care can feel daunting while recovering from traumatic events. We also know that life-saving cancer screenings are essential in honoring your long-term health.

Cancer is the leading cause of death for Native women and the second leading cause of death for Native men.

Early cancer detection improves survival rates, meaning that #CancerScreeningSavesLives. We understand that for survivors, certain cancer screenings may be triggering. To help with this, we have compiled tips for making screening and preventive health care more comfortable.

YOUR BODY IS YOUR OWN. YOU HAVE BODY SOVEREIGNTY.

Here are some ways to advocate for your emotional and physical health:

Know what to expect:

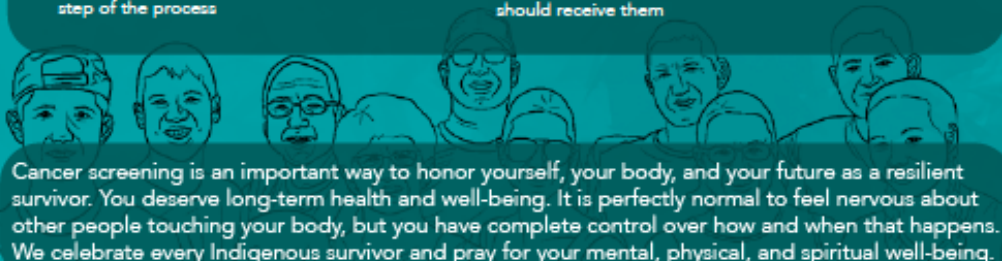
- 1. Talk to your health care team about what cancer screenings are recommended for your age and health history, and what each one entails
- 2. Colonoscopies, mammograms, pap smears, and other screenings may feel invasive, but your health care team can help make them more comfortable
- 3. Ask your health care provider to explain why each step of the screening process is necessary. Your health care provider should explain why they are performing certain exams and what these test results tell them about your health.
- 4. Knowledge is empowering. Asking questions helps to mentally, emotionally, and physically prepare for screening, and is a great way to feel more confident in each step of the process

Advocate for your physical sovereignty:

- 1. Talk to your health care provider about your survivor history if you feel comfortable doing so
- 2. Request that your health care provider narrates each step of the exam as it is performed
- 3. Invite a friend or family member to serve as an emotional support person during the screening
- 4. It is okay to slow or stop an exam or screening at any time
- 5. Inform your health care provider if any part of the screening is uncomfortable or triggering
- 6. Remind yourself that taking care of your health is another way to celebrate your body sovereignty

After your screening:

- 1. Debrief with your health care provider about the exam/screening process. Let them know what did and didn't work for you. This is an opportunity for the provider to document what is most helpful for future exams
- 2. Come up with a screening plan. Know what other preventive screenings are recommended and when you should receive them



Cancer screening is an important way to honor yourself, your body, and your future as a resilient survivor. You deserve long-term health and well-being. It is perfectly normal to feel nervous about other people touching your body, but you have complete control over how and when that happens. We celebrate every Indigenous survivor and pray for your mental, physical, and spiritual well-being.

MY PAP TOOLS



Thin Prep

Brand name of the vial used to store and test the brush on which the health care provider collected your specimen.

Sterile Gel

Your health care provider will use a sterile gel to help lubricate the speculum so that it will slide into your vaginal opening with minimal discomfort.

Sterile Gloves

Your health care provider will wear sterile gloves while conducting your Pap test to protect your body from germs.

Brush

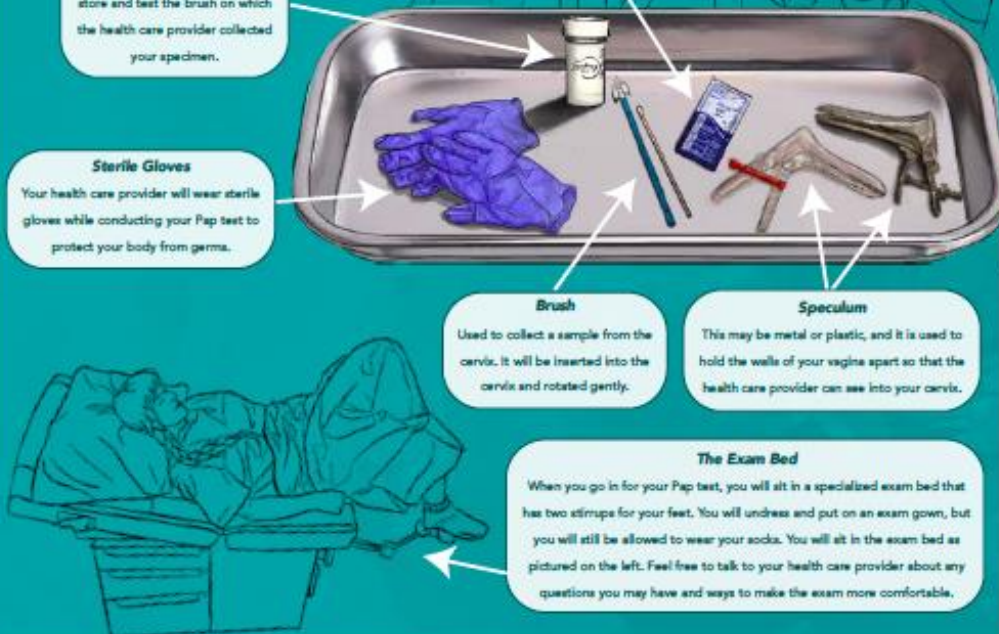
Used to collect a sample from the cervix. It will be inserted into the cervix and rotated gently.

Speculum

This may be metal or plastic, and it is used to hold the walls of your vagina apart so that the health care provider can see into your cervix.

The Exam Bed

When you go in for your Pap test, you will sit in a specialized exam bed that has two stirrups for your feet. You will undress and put on an exam gown, but you will still be allowed to wear your socks. You will sit in the exam bed as pictured on the left. Feel free to talk to your health care provider about any questions you may have and ways to make the exam more comfortable.



According to the Centers for Disease Control and Prevention, nearly 13,000 new cases of cervical cancer were reported in 2018.¹ When found early, cancer is typically easier to treat and health outcomes tend to be better. Getting a Pap test can help prevent cervical cancer or catch it in its earliest stages.

From the age of 21 to 29, it is recommended that women receive a cervical cancer screening every three years with a Pap test alone.² From the age of 30 to 65, it is recommended that women continue receiving screening every three years with a Pap test alone, OR every five years with high risk HPV testing alone, OR every five years with high risk HPV testing plus a Pap test. Most women younger than 21 years and older than 65 years, or those who have had a hysterectomy, do not need a screening for cervical cancer.²

Above, you will find the tools used in a Pap test and a brief description of how they are used.

Blue Beads Awareness Campaign

The idea for the name came from the traditional and spiritual art form of beadwork. While there are multiple meanings behind the symbolism in beadwork, Blue Beads at the American Indian Cancer Foundation symbolizes the acknowledgment and honoring of Native relatives whose life has been affected by a colorectal cancer diagnosis and contains prayers for reducing the impact of colorectal cancer in Indigenous communities.



Our family history provides a blueprint for our life, including insight into our healing journey.

- * A family history of colorectal cancer (CRC) can increase the risk of an individual developing CRC over their lifetime
- * 1 in 4 people diagnosed with CRC have a family history



Knowing your family health history of CRC can help you take steps to lower your risk. A family history of CRC means having:

- * At least one immediate family member (parents, siblings, and children) diagnosed under the age of 60
- * Multiple second-degree relatives (aunts, uncles, grandparents, grandchildren, nieces) and/or at least one immediate family member (parents, siblings, children) diagnosed under the age of 60
- * Multiple second-degree relatives (aunts, uncles, grandparents, grandchildren, nieces, nephews) who were diagnosed with CRC or advanced colon polyps

COVID-19
Has Not Stopped
Colorectal Cancer:

GET
SCREENED



Colon cancer is the second leading cause of cancer death for American Indians and Alaska Natives.

Due to the COVID-19 pandemic, CRC screening rates have drastically declined. According to the American Cancer Society, there was an estimated **90% drop in colonoscopies and biopsies** last spring compared to the same time period in 2019.

CANCER SCREENING SAVES LIVES

OUR LIVES ARE

*XUBÁÁ

*Xubáá means "sacred" in the Hopi language.



Make a plan. Screening decisions will likely vary by community while the pandemic continues.

45 YRS

Colorectal cancer screening should begin at age 45. Our relatives with increased risk factors for developing CRC may need to begin screening earlier or more often.



Continue to practice COVID-19 safety measures. Follow updated COVID-19 prevention recommendations.

American Cancer Society. (2020, October). Promoting Colorectal Cancer Screening During the COVID-19 Pandemic.

Learn more about colorectal cancer and screening options at [AmericanIndianCancer.org](https://www.americanindiancancer.org)

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American Indian
Cancer Foundation.

Empowering Traditional Wisdom in Public Health

- Relationships are central to our work
- Holistic approach to care
 - Individual, family, community, ancestors, earth
- Community participation & active, ongoing, reciprocal engagement
- Self-determination/body sovereignty
- Look to the land

We imagine a
world without
cancer.



*How do you envision
supporting, celebrating, honoring
the cancer survivor leaders in your community?*

Questions?

Contact AICAF
health[@aicaf.org](mailto:health@aicaf.org)
612-484-9670

Miigwech/Pidamaya!
www.AmericanIndianCancer.org

