



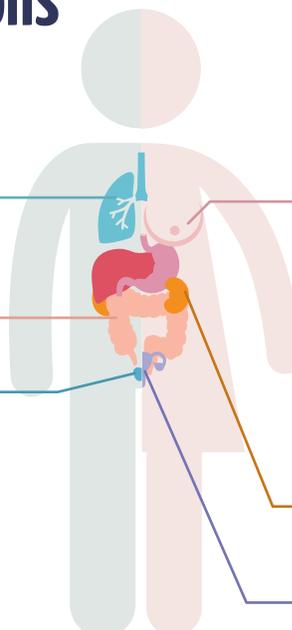
CANCER BY THE NUMBERS

How common is cancer in First Nations in Canada?

Over the next 10 years, 50 out of every 1,000 First Nations adults will likely get cancer

Of these 50 cancers, we would expect:

-  8 Lung cancers
-  8 Colorectal cancers
-  6 Prostate cancers
-  6 Breast cancers
- 22 Other types of cancers



IS CANCER MORE OR LESS COMMON IN FIRST NATIONS COMPARED TO NON-INDIGENOUS CANADIANS? It depends on the cancer

Breast Prostate Non-Hodgkin lymphoma	
Lung	
Kidney Colorectal Cervical	

Six Ways to Reduce Risks of Cancer

1 Keeping tobacco sacred by avoiding smoking or chewing commercial tobacco. This is the most important step to lowering your risk of cancer.



2 Eating a balanced diet and having a healthy body weight. To lower your risk of cancer, eat lots of fruits, vegetables, fibre and traditional foods from the land. Also, try not to eat as much fat, sugar, and processed meats.



3 Exercising regularly. Exercise lowers your risk of cancer and helps to keep a healthy body weight.



4 Practicing safe sex. HPV is a virus that you can catch through sexual contact and can raise your risk of several cancers. Using protection (e.g., condoms) and getting the HPV vaccine (as recommended) will help stop the spread of the virus.



5 Lowering alcohol consumption. The recommended limit for women is no more than 1 drink a day and for men, no more than 2 a day.



6 Avoiding cancer-causing chemicals and pollutants whenever possible. These may be found at work, at home, or outside.





CANCER BY THE NUMBERS

How curable is it?

People do survive cancer!

More people are surviving cancer now than ever before.

People with prostate or breast cancer tend to live almost as long as people without cancer.

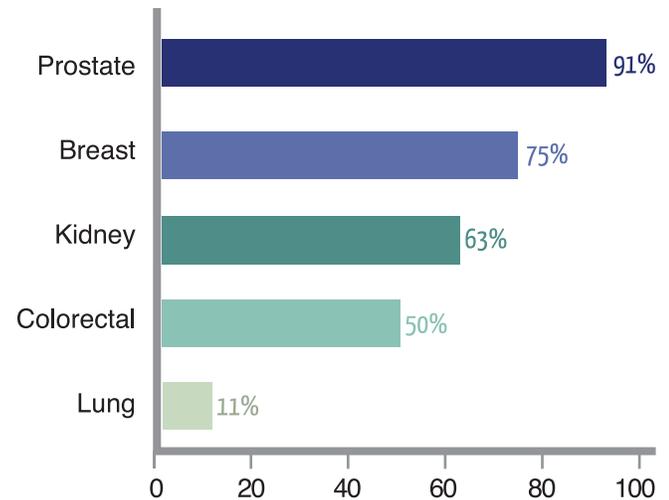
Finding cancer early can mean living longer.

Talking to your doctor if you notice strange symptoms, and getting screened for breast, cervical, and colorectal cancers according to guidelines, are the first steps to finding cancer early.

People with cancer live longer when they have healthy habits.

A healthy lifestyle can not only help prevent you from getting sick, but it can also help you get well faster if you do get sick.

What are the chances of a First Nation person in Canada surviving 5 years after getting cancer?



What Affects Survival?

CANCER

- Type of cancer
- Stage of cancer (size and how far it has grown)

PERSONAL

- Age at diagnosis
- Whether you're male or female
- General health (e.g., smoking, diabetes, obesity)

SYSTEM/ ENVIRONMENT

- Access to screening and diagnosis
- Access to treatment
- Access to culturally safe health services

What happens when you get diagnosed with cancer?

Depending on your health, the type of your cancer, where the cancer is in your body and its size, your cancer care team will likely ask you to get one or more of the following treatments:

Surgery: taking out the cancer, and sometimes the tissue around it and lymph nodes (i.e., small organs that help with the immune system)



Radiation: high-energy rays that kill cancer cells and stop them from growing



Chemotherapy: drugs that you might take as pills or through a needle in your vein - surgery and radiation treat only one spot in the body, but chemotherapy can kill cancer cells in different parts of the body at the same time



Immunotherapy, hormone therapy, and bone marrow or stem-cell transplants might also be used to treat some cancers



In addition, treatment can include **traditional healing methods**

