





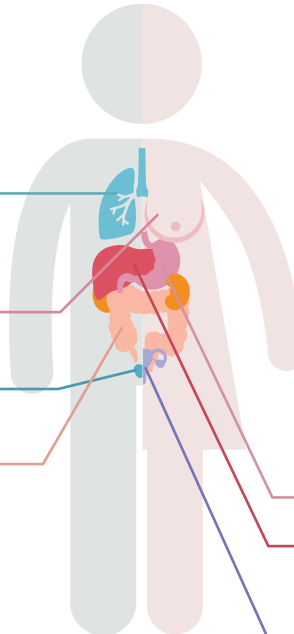


HOW COMMON IS CANCER IN MÉTIS IN CANADA?

Over the next 10 years, 55 out of every 1,000 Métis adults will likely get cancer



Of these 55 cancers, we would expect:

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





IS CANCER MORE OR LESS COMMON IN MÉTIS COMPARED TO NON-INDIGENOUS CANADIANS?


It depends on the cancer


Colorectal (for women)	
Melanoma	
Leukemia	
Larynx	
Lung	
Stomach	
Liver	
Gallbladder	
Cervix	


Cancer Can Be Prevented

1 Don't smoke or chew commercial tobacco. The most important thing you can do to lower your risk of cancer is to live smoke-free. 

2 Eat a balanced diet and have a healthy body weight. To lower your risk of cancer, eat lots of fruit, vegetables and fibre. Also, try not to eat too much fat, sugar and processed meat (e.g., hot dogs and deli meats). 

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

4 Practice 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 encouraging your friends and family to get an HPV vaccine (when recommended) will help stop the spread of this virus in the community. 

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

6 When possible, avoid chemicals and pollutants at work, at home and outside. 



HOW CURABLE IS CANCER IN MÉTIS IN CANADA?

People do survive cancer!

More people are surviving cancer now than ever before.

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

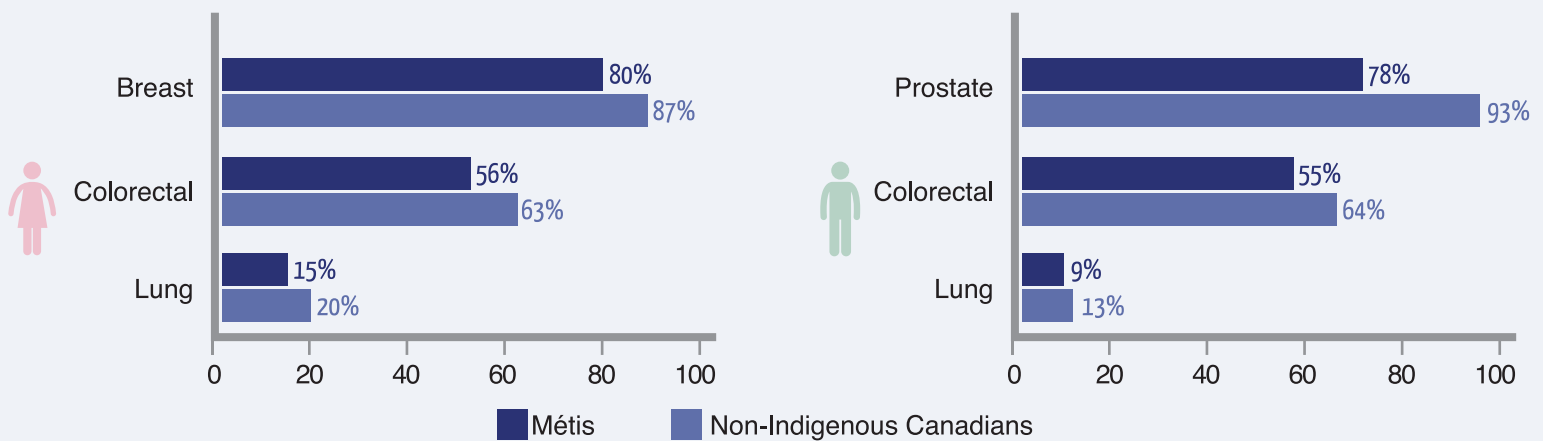
Finding cancer early can mean living longer.

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 surviving 5 years after getting cancer?



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



Métis persons with cancer are encouraged to find culturally appropriate support during their cancer treatment through their healthcare providers and their communities.

Resources

The numbers in this fact sheet are based on a national study. This study was supported by the Canadian Institutes of Health Research, and done by Cancer Care Ontario and Statistics Canada. The Métis National Council was a partner in this study. Other regional studies of cancer in Métis people have been done by:

- Métis Nation of Alberta
- Manitoba Metis Federation
- Métis Nation of Ontario