

Nutrition, Food Access, & Cancer Survivorship

*In partnership with the
Inter-Tribal Council of Michigan, Inc.*

Wednesday, October 7, 2020



NUTRITION, FOOD ACCESS AND CANCER SURVIVORSHIP



DATE

Wednesday, October 7, 2020

TIME

12:00PM CT

REGISTRATION

<http://bit.ly/IP107>

In honor of **National Breast Cancer Awareness Month**, the Inter-Tribal Council of Michigan joins the American Indian Cancer Foundation to host "Nutrition, Food Access, and Cancer Survivorship." This **Indigenous Pink** webinar provides an overview of the influence that nutrition and food access have along the cancer continuum (i.e., prevention, detection, diagnosis, treatment, and survivorship), specifically breast cancer.

If you have any questions, please contact health@aicaf.org.



PARTNERSHIP

- Inter-Tribal Council of Michigan, Inc.
 - Beth Sieloff, MPH, RYT-200
 - Program Manager, Cancer Prevention & Control Programs
 - Sarah Keller, MPH
 - Health Education Specialist
- Roswell Park
 - Dr. Michelle Huyser, Roswell Park



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.

Objectives

- Provide an overview of breast cancer rates in Indian Country
- Highlight survivorship & patient advocacy
- Discuss nutrition & food access
- Present Indigenous resources for communities
- Highlight the importance of breast cancer screenings



American Indian Cancer Foundation's
INDIGENOUSPINK
October 15, 2020
#AllBodiesHaveBreastTissue



Indigenous Pink Campaign



Get involved!

- Honor. Use inclusive language when sharing that anyone can get breast cancer.
- Learn. Discover resources on breast cancer in Indigenous communities on AICAF's website.
- Share. Talk to your friends and family about breast cancer. Encourage them to get screened and to adopt healthy habits.
- Get screened. Talk to your health care provider for advice and information on breast cancer screening. Take AICAF's Indigenous Pink Screening Pledge and commit to getting screened.
- Engage. **Indigenous Pink Day is on Thursday, October 15.** Wear pink to raise breast cancer awareness and honor survivors in your life. Share a picture of yourself wearing pink on AICAF's social media using the hashtag #IndigenousPink. Use AICAF's Indigenous Pink Calendar to engage in breast health activities all month long.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

October 2020

October is **#IndigenousPink** month! The American Indian Cancer Foundation (AICAF) invites you to be a part of our mission to raise awareness of breast cancer disparities in Indian Country. Across our Native communities, breast cancer is the second leading cause of cancer death for women. However, all bodies have breast tissue and are at risk for developing breast cancer. Engage with us in these **#IndigenousPink** activities throughout the month to help educate relatives about the importance of getting screened, and to honor our brave Indigenous breast cancer survivors. **#AllBodiesHaveBreastTissue**

1

Learn the signs and symptoms of breast cancer.

www.tinyurl.com/IP20breastcancersymptoms



2

3

4

Check *doodooshiman by doing a self-exam.

www.tinyurl.com/IP20breastselfexam



5

6

7

Make a recipe using pink foods.

www.tinyurl.com/IP20recipes



8

9

Flaunt a crazy pink hairdo by adding accessories or temporary color.



10

11

12

Quit smoking, and encourage loved ones to quit smoking to reduce your risk of breast cancer.

www.tinyurl.com/IP20quit



13

14

15

Happy **#IndigenousPinkDay**! Wear pink to raise awareness of breast health in Indian Country and encourage loved ones to get screened.

www.tinyurl.com/IP20pinkday

16

17

18

Make pink crafts or artwork with a loved one.



19

20

21

Write a letter using **pink ink**, or make a pink card for a breast cancer survivor.



22

23

24

Dress in pink athletic clothing and gather friends to play a traditional game.



25

26

27

Learn how to say "pink" in your language.



28

29

Collect something pink from the Earth. Set down *chanšāša in honor of all our Indigenous breast cancer survivors.



30

31

Read about the journey of a brave Indigenous breast cancer survivor.

www.tinyurl.com/IP20stories



*doodooshiman means "breasts" in Ojibwe
*chanšāša means "tobacco" in Dakota

 American Indian Cancer Foundation.

#IndigenousPink
#AllBodiesHaveBreastTissue

Indigenous Pink

▶▶▶▶▶▶▶ Breast Health

1 in 8



women will get breast cancer in their lifetime

Increased Risks

GENDER
Being female



BREAST DENSITY
High density breasts



40

AGE
Getting older



GENETICS
Inherited DNA changes in genes

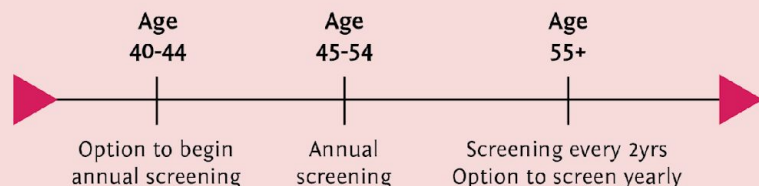


FAMILY HISTORY
Mother, sister, daughter has had breast cancer

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



American Indian
Cancer Foundation.

Talk to your health care provider about when screening is best for you.

AICAF.ORG

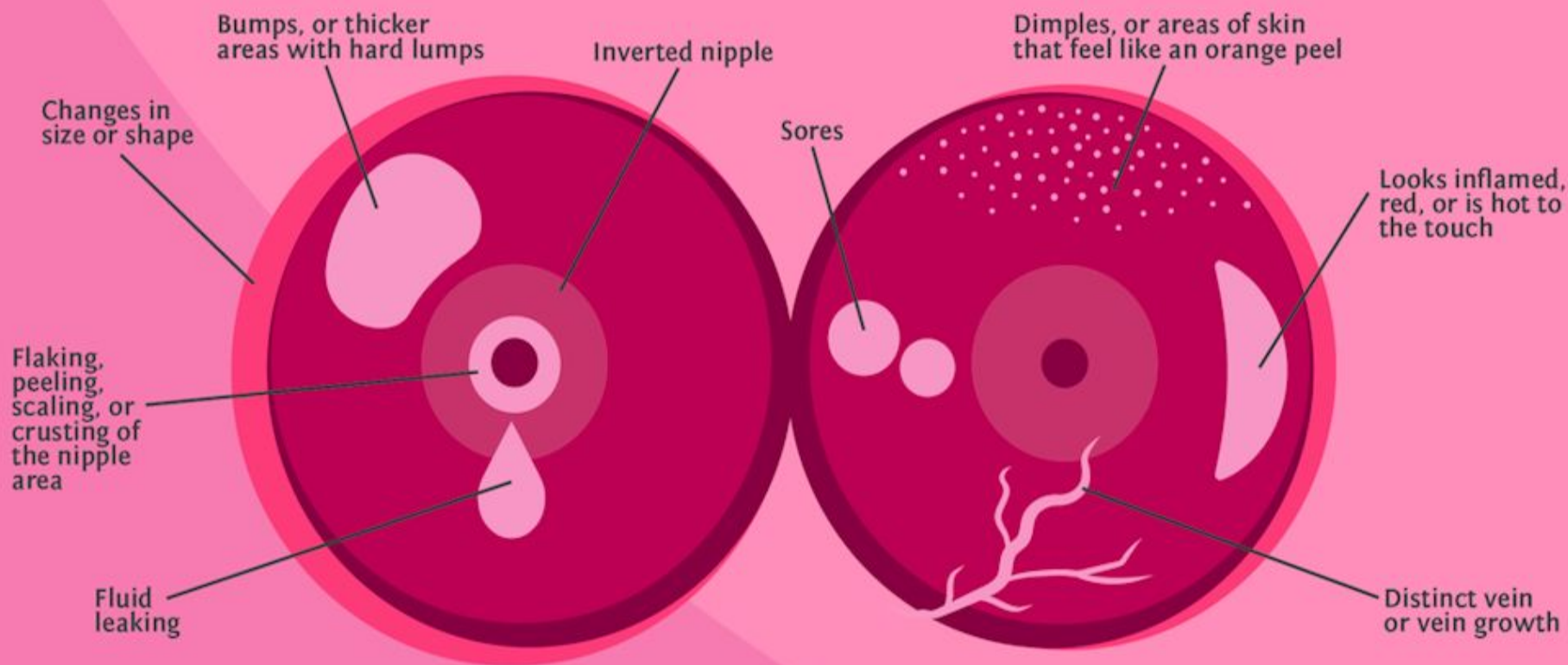
@AMERICANINDIANCANCER

/AMERICANINDIANCANCER

@AICAF_ORG

CHECK YOUR *DOODOOSHIMAN*

Know the signs & symptoms of breast cancer



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



American Indian
Cancer Foundation.

Breast Cancer in Indian Country

- Diagnosed at younger ages
- Diagnose in later stages
- 7% higher breast cancer rate compared to non-Hispanic white women
- 10% higher breast cancer death rate compared to non-Hispanic white women
- From 1990-2009, breast cancer mortality for Native women stayed relatively the same
- Lowest survival rate 5 years after diagnosis at 63%
 - a. One research study showed long term patients reported fewer symptoms
- There is currently no breast cancer data for Indigenous people of other sexes and genders

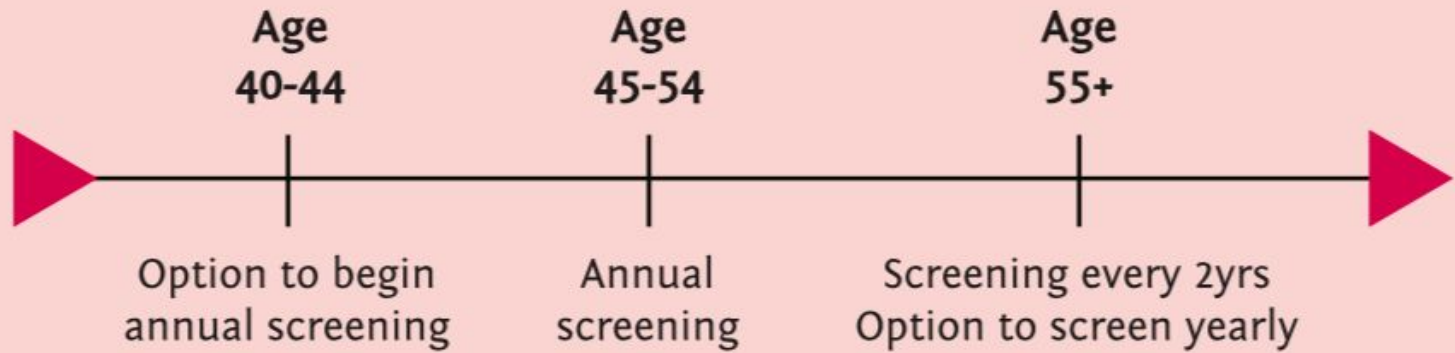
Panelist Q & A

- Inter-Tribal Council of Michigan, Inc.
 - Beth Sieloff, MPH, RYT-200
 - Program Manager, Cancer Prevention & Control Programs
 - Sarah Keller, MPH
 - Health Education Specialist
- Roswell Park
 - Dr. Michelle Huyser, Roswell Park



Importance of Breast Cancer Screening, During COVID-19 & Always

Screening Guidelines/Recommendations



Screening should continue as long as a woman is in good health and is expected to live at least 10 more years

Tell a doctor or nurse about any changes in your breasts right away. Breast self-exam is an option for finding breast changes.

AICAF Resources

- Breast Cancer Resources
- Screen Our Circle: AICAF's National Breast and Cervical Cancer Early Detection Program (NBCCEDP) funded by the Centers for Disease Control and Prevention (CDC).
 - Provides support to urban clinics and helps remove screening barriers by raising awareness of cancer burdens and solutions, promoting health systems changes, and performing community education and outreach activities
 - Contact screenourcircle@aicaf.org to get involved

Questions?

Contact AICAF
health@aicaf.org
612.314.4848

Miigwech/Pidamaya!
www.AmericanIndianCancer.org

