For More Information

Rocky Mountain Tribal Leaders Council
Good Health and Wellness in Indian Country
2929 Third Avenue North, Suite 300
Billings, Montana 59101
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CANCER
FACT SHEET
for
American Indian Commercial Tobacco Users

Montana Tobacco Use Prevention Program
American Indian Tobacco Education
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Helena, Montana 59620
(406) 444-7408
infotobaccofree@mt.gov

Commerical tobacco is a contributing cause of 12 different cancers.

Rate of new cancer cases among adults in Montana, 2011-2020

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>American Indian</th>
<th>White</th>
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</thead>
<tbody>
<tr>
<td>Lung</td>
<td>*</td>
<td></td>
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<tr>
<td>Colon and Rectum</td>
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<tr>
<td>Kidney</td>
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<td>Liver</td>
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<tr>
<td>Bladder</td>
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<td>Blood (Leukemia)</td>
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<tr>
<td>Pancreas</td>
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<td>Cervix</td>
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<td>Stomach</td>
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<tr>
<td>Esophagus</td>
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<tr>
<td>Voice Box (Larynx)</td>
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</tbody>
</table>

Age-adjusted Rate per 100,000 People

* Significantly different rate between American Indian and White populations

KEEP TOBACCO SACRED IN YOUR COMMUNITY AND FOR YOUR RELATIVES!
CANCER

Cancer presents a significant burden to American Indians (AI) throughout Montana. Lung cancer is the leading cause of cancer deaths among American Indians in Montana.1 The high prevalence of commercial tobacco use (40%) and obesity (47.1%),2 along with limited access to preventive healthcare and treatment contribute greatly to the cancer burden among Montana American Indians.

DON'T BE A STATISTIC!
QUIT COMMERCIAL TOBACCO USE TODAY!

Increase your physical activity everyday: go running, walking, Pow Wow dancing, harvesting, and participate in Native Games.

Decrease consumption of foods that contain high starch, sugar, and carbohydrates.

Eat lean meat like buffalo or wild game.

Increase leafy vegetables like spinach into your diet.

Impact of secondhand smoke to our cultural items!

Only use tobacco for spiritual or ceremonial reasons.

Offer traditional tobacco to a healer for help to control blood sugars and reduce your risk for cancer.

Eat traditional foods or eat healthy while attending pow wows.

Play Native games with family.

Daily Activity

Screening tests can prevent cervical and colon cancer. They can find breast and lung cancer early, giving you the best chance of survival.

Eligibility is open to women, 21-64 years, who are under-insured and meet income guidelines.

Ask a medical provider or commercial tobacco Quit Coach on how to use quit medications to have the best chance of quitting commercial tobacco use.

Traditional Healing & Health

Protective Factors

Reach out to Tribal Health for information on healthy lifestyle choices.

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Tribal Health

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Photo credit: Angela Swedberg, Bead and Quillwork Artist, Native Art Restoration. Photo shows the cleaning process of a 100 year old artifact exposed to commercial tobacco smoke.

Developed from Information provided by Montana Tobacco Use Prevention Program (MTUPP) and Montana Cancer Screening Program.

3. Montana Central Tumor Registry, 2009-2018, DPHHS