

# EQUITY

FAIR AND JUST ACCESS TO CANCER PREVENTION AND CARE

CENTER FOR NATIVE AMERICAN CANCER HEALTH EQUITY

ISSUE 02 | AUG/SEPT 2023

## Welcome to the C-NACHE Newsletter



### RECAP OF THE JULY 7TH CAB MEETING

C-NACHE held its first in-person Community Advisory Board (CAB) meeting on July 7, 2023, at Northern Arizona University in Flagstaff, Arizona.

#### The main activities that took place were:

- A team building activity that led to a discussion around cancer inequity priorities
- Presentations of C-NACHE's two ongoing research projects
- C-NACHE subcommittee breakout sessions

#### Outcomes that came from these activities were:

- Identification of priority areas surrounding cancer inequity among Native Americans in Arizona, which included;
  - increasing access to care
  - increasing Native American representation in national legislation and national data systems
  - enhancing patient navigation
  - enhancing cancer care health literacy
- CAB interest in expanding the two ongoing research projects to other tribes in Arizona
- Subcommittee progress on the C-NACHE core strategies utilizing CAB feedback and input

The C-NACHE team greatly appreciates the CAB's feedback and looks forward to meeting again on Monday, **September 25th, 2023**, for our 3rd Quarterly CAB meeting in Flagstaff, Arizona.

*Dana Russell, Manager, H.O.P.I. Cancer Support Services, expressed his gratitude, stating "I have to tell you I really enjoyed the meeting, seeing old friends and making new ones, all within the context of contributing to the C-NACHE effort!"*



### IN THIS ISSUE

We are pleased to provide you with updates from the Center for Native American Cancer Health Equity project.

#### CONTENT:

- Recap of 2nd Quarterly Community Advisory Board meeting.
- Data summary of colorectal cancer incidence and mortality in AZ.
- Upcoming events.

# NAU

Center for Health  
Equity Research

# Introducing the Series: “Understanding Native American Cancer Data in Arizona”

## First Series Topic: Colorectal Cancer

You may be seeing a considerable amount of information about colorectal cancer, here is why:

Top 4 Cancer Sites for All Cancers for Native American Males*		Top 4 Cancer Sites for All Cancers for Native American Females*	
1	Liver/Intrahepatic Bile Duct	1	Breast
2	Prostate	2	Liver/Intrahepatic Bile Duct
3	<b>Colorectal</b>	3	<b>Colorectal</b>
4	Pancreas	4	Pancreas

*\*Data sourced from the Arizona Cancer Registry’s mortality data trends in Arizona’s Native American population from 2016-2020.*

The **third leading cause of cancer-related death** in both Native American males and females is **colorectal cancer**. Between 2016-2020, an average 57.3% of Arizona Native Americans’ new cases of colorectal cancer were diagnosed in the late stage. **Native people are often diagnosed with colorectal cancer in its later and more fatal stages** when symptoms are more obvious. Colorectal cancer **can be caught earlier** if screening efforts were to increase.

### What exactly is colorectal cancer?

#### Where are the colon and rectum located?

- The colon and rectum make up the large intestine (or the large bowel), which is part of the digestive system, also called the gastrointestinal system (see illustration to the right).

#### Did you know?

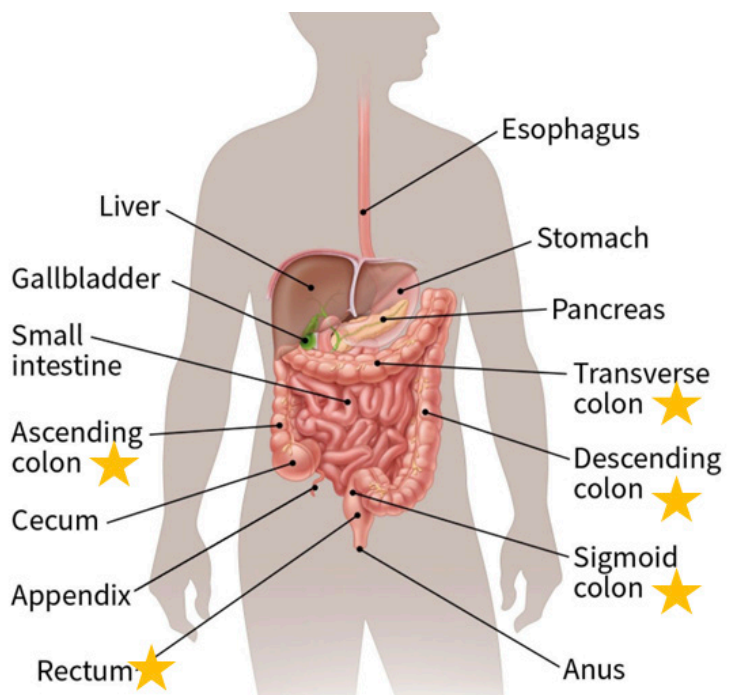
**Colorectal  
=  
colon + rectum**

#### What is colorectal cancer?

- A disease in the large intestine (colon) and rectum.
- Most colon cancers start as small noncancerous clumps of cells called *polyps*, which are a growth on the inner lining of the colon or rectum. Without treatment, polyps may turn cancerous.

**For a more detailed overview:**

**Watch this video!**



**What are the risk factors for colorectal cancer?**

**Modifiable**  
*(risk factors you can change)*

- Being overweight or obese
- Not being physically active
- Certain types of diets
- Commercial tobacco use
- Alcohol use



**Unmodifiable**  
*(risk factors you cannot change)*

- Being older
- A personal history of colorectal polyps or colorectal cancer
- A personal history of inflammatory bowel disease
- A family history of colorectal cancer or adenomatous polyps
- Having an inherited syndrome
- Your racial and ethnic background
- Having type 2 diabetes



**What is a risk factor?**  
A risk factor is anything that increases your chance of getting a disease such as cancer.

**What are the signs and symptoms?**

- Change in bowel movements
- Frequent bloating or abdominal pain, such as cramps, gas or pain
- Feeling the need to have a bowel movement, even though you had one recently
- Weakness or fatigue
- Unexplained weight loss
- Rectal bleeding or blood in the stool



**What are the screening recommendations?**

- Colorectal cancer screening for Native Americans is recommended for those **ages 45-75**.
- People at **increased or high risk** of colorectal cancer might need to start colorectal cancer screening **before age 45**, be screened more often, and/or get specific tests.

**What is a screening?**  
A screening is a test, examination, or procedure used to find cancer in people who have no symptoms.

**All that in mind...**

Regular screenings are important because most individuals with early-stage colorectal cancer do not experience any signs or symptoms and screening can help rule out cancer or other issues or simply prevent the cancer from spreading.

**It is natural to feel scared or anxious about cancer screenings, but it is also beneficial to learn more about it and to be proactive about your health.**

***Your health is sacred.  
Please get yourself screened and encourage your relatives to get screened too!***

# C-NACHE Announcements

## Events in August

Tuesday, August 22, 2023  
@ 10am-12pm MST

***“HPV and Cervical Cancer in Native American Communities”***

***Hosted by the:  
16th Annual Tribal Collaborative  
on Cancer Virtual Speaker  
Series***

***Registration is required to  
attend this event.***

**[REGISTER HERE!](#)**

***[https://us02web.zoom.us/  
meeting/register/tZ0kc--  
srjlqHtZOptGWDmYDA5zfPRFNvul\\_#/  
registration](https://us02web.zoom.us/meeting/register/tZ0kc--srjlqHtZOptGWDmYDA5zfPRFNvul_#/registration)***

Wednesday, August 30, 2023  
@ 1pm MT

***“Colorectal Cancer Risk  
Reduction in Indian Country”***

***Hosted by the:  
National Native Network  
Webinar***

***Registration is required to  
attend this event.***

**[REGISTER HERE!](#)**

***[https://us06web.  
zoom.us/webinar/  
register/1016909048070/WN\\_  
Av9lp1X4Tsm3noyktjXs0w#/  
registration](https://us06web.zoom.us/webinar/register/1016909048070/WN_Av9lp1X4Tsm3noyktjXs0w#/registration)***

## Upcoming Forum in September

***Join us on September 26th in  
Flagstaff, AZ!***



***“2023 Arizona Intertribal  
Cancer Prevention Forum”***

Tuesday, September 26, 2023  
9am - 4pm  
DoubleTree by Hilton Hotel  
(1175 W Route 66)

**Focus areas:**

- Understanding current Native American cancer data and health trends
- Informing health policy and advocacy strategies
- Fostering networking opportunities

**For additional information:**

Carmenlita Chief  
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***Limited Seating!***

**[Register to reserve your seat.](#)**

**<https://bit.ly/43WHyfv>**

For more information,  
contact us at:  
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