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American Indian Cancer Foundation News - Spring 2017  
Featured: Cancer awareness | Indigenous Women's Health Forum | Community research

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**American Indian Cancer Foundation Mission:**  
*To eliminate the cancer burdens on American Indian families through education, prevention, early detection, treatment and survivor support.*

American Indian Cancer  
Foundation NEWS

Vol (3)-1, Spring 2017



## Spring 2017 Newsletter

Greetings,

2017 is off to a great start for the American Indian Cancer Foundation! January was Cervical Cancer Awareness Month and our team came up with new ways to raise awareness about this preventable disease. It was an honor for me to [share my story](#) for the first time and receive an outpouring of support. By sharing our experiences with cancer and screening, we overcome fears and together we will reduce the American Indian cancer burden.



Kris Rhodes, MPH, CEO

### In This Issue

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Indigenous Women's Health Forum

Community research

In other news...

### STAY CONNECTED



AICAF supporters

**Second Annual MHA Nation Polar Plunge supports AICAF**

We recently released our first Annual Report. This report chronicled accomplishments from when we were first founded

through the end of 2015. The Annual Report captures how much we've grown with the help of you, our supporters. I invite you to [take a look](#) and see how we've made a difference together.

Please join us at our annual event, Powwow for Hope: Dancing for Life, Love & Hope, in Minneapolis on May 6th. It's an opportunity for all of us to come together to honor those who have battled cancer. We are seeking sponsors, teams, volunteers and participants to ensure a successful event. Be sure to mark your calendars and learn how to get involved at [powwowforhope.org/get-involved](http://powwowforhope.org/get-involved).

Kris Rhodes, MPH (Bad River and Fond du Lac Chippewa),  
Chief Executive Officer

#### Cancer awareness

### Reflecting on the success of Cervical Cancer Awareness Month and #TurquoiseTuesday



Lugene Flores and Joni Buffalohead are cervical cancer survivors who shared their stories for Cervical Cancer Awareness Month.

In efforts to reduce high cervical cancer incidence and mortality rates, AICAF celebrated Cervical Cancer Awareness Month in January 2017. AICAF took a variety of approaches to raise awareness.

**#TurquoiseTuesday:** On January 24, AICAF celebrated Turquoise Tuesday, a day to raise awareness for cervical cancer screening among American Indians and Alaska Natives. Building awareness is an important part of helping increase screening and decrease mortality rates. Women were encouraged to wear turquoise, schedule their next routine Pap test and talk to the women in their life about the importance of cervical cancer screening.



The second annual Mandan, Hidatsa, Arikara Nation Polar Plunge was held in New Town, ND on Feb. 28th. All funds raised were donated to the American Indian Cancer Foundation. AICAF is grateful for the donations and is thankful for those who navigated the icy waters to support our cause.

#### Events/campaigns

### 4/27: AMERIND Risk - 13th Annual Protecting Tribal Families Golf Fundraiser



AMERIND Risk will be holding its 13th Annual Protecting Tribal Families Golf Fundraiser on April 27, 2017 to benefit the Protecting Tribal Families Fund, the Coalition to Stop Violence Against Native Women and the American Indian Cancer Foundation. The tournament will be held at the Twin Warriors Golf Club in Santa Ana Pueblo, New Mexico. For more information and to register, visit [AMERINDRisk.org](http://AMERINDRisk.org).

### April is Oral Cancer Awareness Month

**#PapChat Twitter chat:** AICAF convened 25 cervical cancer partners across Indian country with a #PapChat Twitter Chat to share information and resources on cervical cancer for American Indian women.

**Survivor stories:** Three inspiring indigenous cervical cancer survivors shared their stories to highlight the importance of cervical cancer screening. Read the stories of Kris Rhodes (Bad River and Fond du Lac Chippewa), Joni Buffalohead (Bdewakanton Dakota of the Sisseton-Wahpeton Oyate) and Lugene Flores (Oglala Lakota) [here](#) and learn from their strength and wisdom.

Cancer screening saves lives. Learn more about cervical cancer for American Indian and Alaska Native women at [AICAF.org/cervical](http://AICAF.org/cervical).

#### Indigenous Women's Health Forum

**Indigenous Women's Health Forum brings forth partnerships and shared strategies, highlighting breast and cervical cancer solutions**



Dr. Amanda Bruegl, the nation's first Native gynecologic oncologist.

AICAF hosted the Indigenous Women's Health Forum to highlight breast and cervical cancer in Indian Country. The forum connected clinic and community health systems within tribal and urban communities to discuss the complexities of breast and cervical cancer and how it impacts our communities. The new partnerships and shared strategies will strengthen prevention and screening efforts resulting in fewer late-stage breast and cervical cancer diagnoses. The keynote speaker is the nation's first Native gynecologic oncologist, Dr. Amanda Bruegl (Oneida and Stockbridge-Munsee) from Oregon Health Sciences University. Dr. Bruegl provided important information on American Indian and Alaska Native cervical cancer disparities in a way that was relevant to everyone in



Please join us as we host an #OralCancer411 Twitter Chat in recognition of Oral Cancer Awareness Month this April.

## Prevent Oral Cancer in American Indians

TUESDAY, APRIL 11  
1PM-2PM CST



Participate using: #ORALCANCER411  
Hosted by @AICAF\_ORG

AICAF is celebrating Oral Cancer Awareness Month by encouraging all AI/AN men and women get screened for oral cancer. Join AICAF on April 11th for #OralCancer411, a Twitter Chat to raise awareness about oral cancer risk factors. Follow AICAF on social media for more oral cancer information on prevention, risk factors and early detection.

#### 5/6: 6th Annual Powwow for Hope™



POWOW FOR HOPE™

American Indian Cancer Foundation's 6th Annual Powwow for Hope

### SAVE THE DATE | MAY 6, 2017

PowwowforHope.org | Base Camp Facility, 201 Bloomington Rd, Minneapolis, MN 55111

We imagine a world without cancer.

Powwow for Hope: Dancing for Life, Love & Hope will be held on May 6 in Minneapolis, MN.

Powwow for Hope is a community fundraising event that provides educational opportunities for those who have questions or concerns about cancer risks for themselves or their families.

Open to the public! All drums and dancers welcome!

Calling all teams! Powwow for Hope team registration is now open:

[PowwowforHope.CauseVox.com](http://PowwowforHope.CauseVox.com)

Official website: [PowwowforHope.org](http://PowwowforHope.org)

Email: [powwow@aicaf.org](mailto:powwow@aicaf.org)

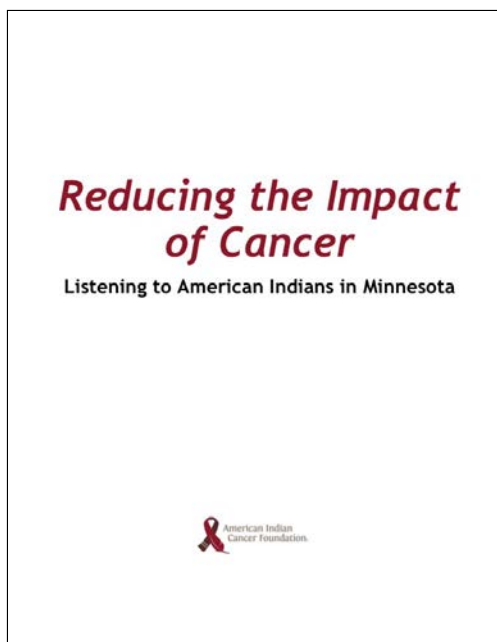
Thank you to our current sponsors!



the audience. Thank you, Dr. Bruegl, for your insight and wisdom.

### Community research

## AICAF releases Reducing the Impact of Cancer report

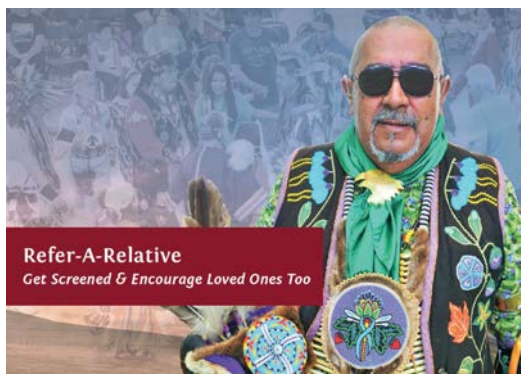


This report will inform Cancer Plan Minnesota 2025.

AICAF convened Minnesota tribal and urban American Indian communities to gather input on what is working, what is not working and what could be done better in reducing the burden of cancer in Indian Country. [The Reducing Impacts of Cancer: Listening to American Indian Communities in Minnesota report](#) provides a summary of participant feedback. This report was shared with the Minnesota Cancer Alliance to ensure the American Indian community's voice was heard and considered by the teams writing Cancer Plan Minnesota 2025. The candid and rich feedback provides actionable items that can guide future work in all sectors of health.

### Cancer screening

## "Refer-A-Relative" for colon cancer screening



This March, AICAF is celebrating Colon Cancer Awareness Month by encouraging all men and women over 50 to get screened for colon cancer. ["Refer-A-Relative."](#) is a new AICAF initiative in partnership with the Minnesota Department of Health and Get Your Rear In Gear Colon Cancer Coalition.



### Shop AICAF

A promotional banner for a "March Madness Sale" at the American Indian Cancer Foundation Store. The banner features a red background with white text. At the top, it says "American Indian Cancer Foundation Store" and "MARCH MADNESS". Below that, in large white letters, is "SALE" and "UP TO 50% OFF all winter items!". At the bottom, it says "Shop.AmericanIndianCancer.com" and "All proceeds benefit the American Indian Cancer Foundation®".

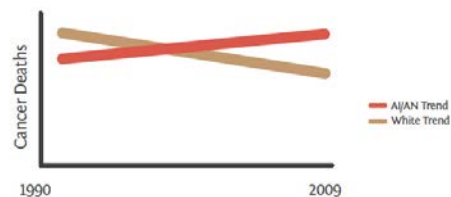
Save on winter items such as our AICAF hoodies, zip-ups, sweatpants and even our new winter hats and fleece jackets! March Madness sale lasts from 3/1-3/31.

### Shop AICAF

### Did you know?

## April 11-17 is Minority Cancer Awareness Week

Cancer death rates for AI/AN increased over a 20 year period, while decreasing for Whites over the same time frame.



Refer-A-Relative encourages American Indians in the Twin Cities metro area to complete their screening and refer up to five American Indian relatives, ages 50 and above for colon cancer screening. Patients will receive \$20 gift card for completing colon cancer screening AND they will receive \$10 for each relative that completes screening. The relatives will also receive a \$20 gift card and can refer more people. Follow AICAF on social media for more colon cancer information on prevention, risk factors and early detection.

#### Awards

### CEO Kris Rhodes wins Excellence in Health Equity Award



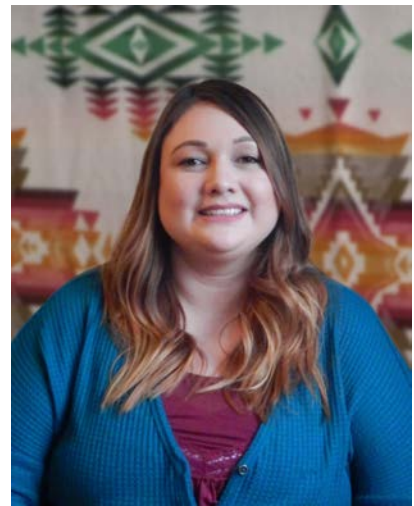
Kris Rhodes receives award from UMN PHDR.

AICAF CEO Kris Rhodes was awarded the 2017 Excellence in Health Equity award from the Program in Health Disparities Research at the University of Minnesota. This award recognizes Kris' dedication to impactful research between university and community partners. Dr. Anne Joseph and Dr. Jean Forster nominated her. The award includes a \$2,000 prize that Kris donated to AICAF. Congratulations Kris and thank you for your dedication!

### Indigenous Pink Breast Health Campaign wins Dot.Org award

American Indians and Alaska Natives across the U.S. face alarming inequities in cancer incidence and mortality. These inequities are caused by a number of factors including increased cancer risk behaviors such as smoking and lack of regular physical exercise and systemic barriers such as limited access to cancer prevention programs and cancer screening. To learn more about AI/AN cancer disparities regionally in the U.S., visit [AICAF.org/american-indian-cancer-facts](http://AICAF.org/american-indian-cancer-facts).

#### Staff updates



### Delilah Robb joins AICAF as project coordinator

AICAF welcomes Delilah Robb, BA, Turtle Mountain Band of Chippewa, to the team. As a project coordinator, Delilah manages AICAF tobacco cessation and clinic support programs with IHS, tribal and urban health systems. She brings her clinical research experience to AICAF and is proud to be working to decrease American Indian health disparities.



Neely Snyder and Daanis Chosa accept 2017 Dot.Org award.

AICAF's Indigenous Pink Breast Health Campaign was awarded the Dot.org award for Creative Campaign by the Minnesota Council of Nonprofits. The Dot.Org awards "recognize nonprofits who are using technology and communications in inspiring, effective and creative ways." This award highlights the success of the Indigenous Pink campaign to raise breast health awareness and provide educational resources through the use of several social media platforms. AICAF is honored to accept this award.



### Tia Bastian and Ravyn Gibbs join AICAF as research assistants

AICAF welcomes two graduate research assistants from the University of Minnesota to the team. **Tia Bastian**, MPH, is completing a PhD program in Epidemiology through the School of Public Health. She is leading a project on guiding integration of traditional American Indian cultural practices and relationships with food into upstream approaches to address cancer inequities in American Indian communities. **Ravyn Gibbs**, BA, Bois Forte Band of Chippewa, is enrolled in the Master of Social Work and Master of Public Health programs with a focus in Community Practice and Community Health Promotion. She is leading a project on tribal tobacco retail environments.

## New resources

### Lung cancer screening brochure

Lung cancer accounts for more cancer deaths than any other cancer. Lung cancer screening can save lives by finding cancer before it's deadly. Use [this resource](#) to see if you might be eligible for screening, then talk to your doctor about whether it's right for you.

**Who should be screened?**  
Anyone who can say "yes" to all three of these questions

- Are you 55-80 years old?
- Have you smoked 30 pack years (or pack a day for 20 years or two packs a day for 10 years)?
- Do you still smoke or have you within the last 15 years?

Not eligible / Eligible

Talk with your doctor about whether screening is right for you. Your conversation should start with: "How do I stop smoking?"

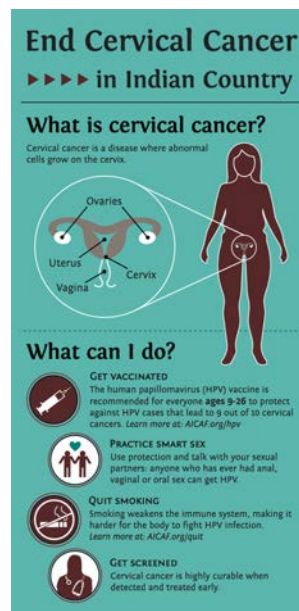
**Screening FAQs**  
Your doctor can help answer these questions in more detail.  
What are the risks?  
• Screening isn't perfect, but it saves lives by finding cancer early. Your doctor can help you understand the pros and cons.  
Is screening covered by insurance?  
• Most insurance plans cover lung cancer screening if you are eligible.  
• Contact your insurance plan to find out if you are covered.  
If I get screened, can I keep smoking?  
• Even if it shows you don't have lung cancer, quitting smoking is the best way to prevent cancer and save your life.  
• Smoking leads to many types of cancers, not just lung cancer.  
• No matter how long you've smoked, quitting is the best step you can take to prevent lung cancer.  
How do I stop smoking?  
• You have options.  
• Most clinics have medications and counseling available to help you quit.  
• Your insurance plan also has options.  
• Quitline: 1-800-QUIT-NOW  
• Quit Connections: an online support group for American Indians on Facebook, join at: facebook.com/quitconnections  
American Indian Cancer Foundation | AICAF.org

### End cervical cancer in Indian Country

Introducing a new AICAF [infographic](#) about cervical cancer. Cervical cancer disproportionately affects Native women. American Indian and Alaska Native women have much higher incidence rates of cervical cancer than



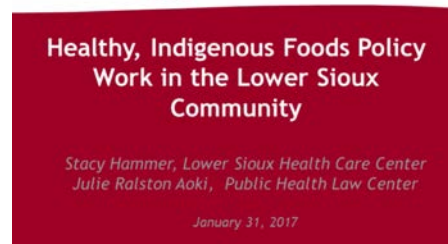
white women and are often diagnosed at later stages of the disease. American Indian women across Indian Country are more than 2 times as likely to die from cervical cancer than white women. Cervical cancer can be prevented and is highly curable when detected early. No woman should suffer from cervical cancer; regular screening saves lives.



## Healthy, Indigenous Foods Policy Work in the Lower Sioux Indian Community Webinar

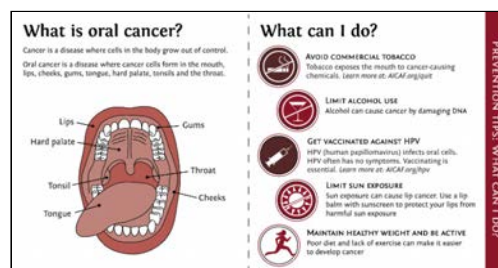
[This webinar](#) presented by Stacy Hammer, RD and Julie Ralston Aoki, JD, focuses on the Lower Sioux Indian Community's Honoring Little Crow Healthy Indigenous Food Initiative.

Presenters describe how the Lower Sioux Indian Community's Health and Human Services Advisory Committee is partnering with the American Indian Cancer Foundation and the Public Health Law Center to develop, draft and implement a strategic plan for developing a set of tribal policies to support healthy, Indigenous foods across the community. Presenters also share about how community support for the policy change is being developed, and how this policy effort is changing the conversation about health and food across the community.



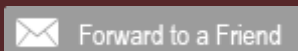
## Oral cancer is the 6th most commonly diagnosed cancer for American Indian men in the Northern Plains.

AICAF is proud to release our "Prevent Oral Cancer in Indian Country" resource to raise awareness for oral cancer. [This resource](#) highlights prevention tips, risk factors and the oral cancer screening.



We would like to hear from you!

If you would like additional information about the content of this newsletter or if there are news topics that you would like to see included in our upcoming issues, please email [communications@aicaf.org](mailto:communications@aicaf.org).



STAY CONNECTED



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