



American Indian Cancer Foundation  
[prevention@aicaf.org](mailto:prevention@aicaf.org)  
612.314.4848

FOR IMMEDIATE RELEASE  
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## Sacred Breath raises awareness of the importance of lung health in Indian Country

MINNEAPOLIS - The American Indian Cancer Foundation (AICAF) is excited to celebrate its second annual **Sacred Breath** event during November's National Lung Cancer Awareness Month. Lung cancer is the leading cause of cancer-related death for Native people; our communities also have the highest smoking rate in the nation. Throughout the month, AICAF aims to improve lung health in our communities by:

- Raising awareness of lung cancer disparities in Indian Country
- Encouraging community members to engage in healthy lung practices, like getting screened or participating in traditional activities or movement
- Keeping traditional tobacco sacred through the promotion of commercial tobacco avoidance and cessation

**Sacred Breath Day happens on Thursday, November 5.** AICAF welcomes all clinics, public health staff, lung cancer survivors and caregivers, community members, and champions to engage in the event. Get involved now and be part of our mission to improve lung health for our relatives and for future generations!

*Learn how to get involved and be part of our mission to end lung cancer in Indian Country:*

### **Honor.**

Cherish relatives impacted by a lung cancer diagnosis. Listen to their stories, learn from their wisdom, and celebrate their sacred lives.

### **Learn.**

Discover resources on lung cancer in Indigenous communities on [AICAF's website](#).

### **Share.**

Share a picture of yourself engaging in healthy lung practices on social media using #SacredBreath. Talk to your friends and family about lung cancer and the importance of keeping tobacco sacred. Encourage them to quit smoking.

### **Get screened.**

The United States Preventive Service Task Force recently outlined [new lung cancer screening recommendations](#). Find out if you are due for a screening.

### **Engage.**

**Sacred Breath Day** is on Thursday, November 5. Commit to improving your lung health by quitting commercial tobacco use, getting screened, or engaging in traditional movement.

**Host an event.**

AICAF offers many opportunities for involvement in Sacred Breath. Host an event at your clinic and community organizations to raise lung cancer awareness.

**Join our community.**

Like the American Indian Cancer Foundation on Facebook, follow us on Twitter and Instagram, and sign up for our webinars and monthly newsletter.

**Donate.**

Any amount helps the American Indian Cancer Foundation continue raising breast cancer awareness, increase early detection, and build a network for Indigenous people.