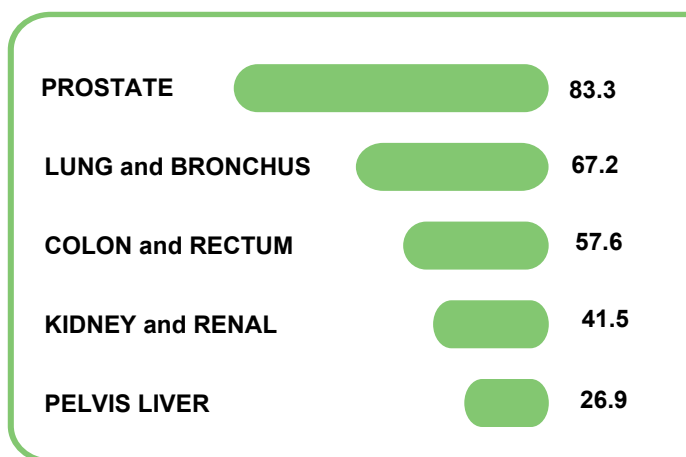


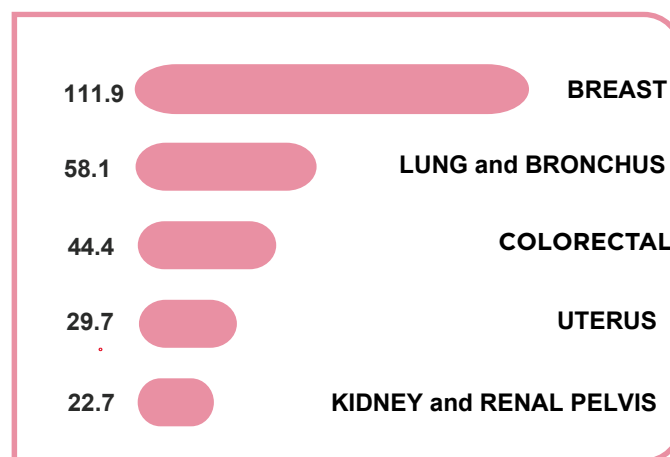
# PROTECT OUR COMMUNITIES AGAINST CANCER

## Rate of New Cancers\* by Five Leading Cancer Sites Among American Indian and Alaska Native People, 2015-2019

### MALE



### FEMALE



\* Rate per 100,000 population, all IHS regions combined.

## WHAT WE ALL CAN DO



Promote commercial tobacco-free lifestyle



Encourage patients to talk to their doctor about cancer screening options



Support healthy eating



Promote daily physical activity



Teach ways to maintain healthy weight



Recommend no alcohol or drink in small amounts