

# Cancer Fact Sheet for American Indian Commercial Tobacco Users

## Protective Factors

### Sacred Tobacco

- Only use tobacco for spiritual or ceremonial reasons.
- Work with a Quit Coach and use quit medications to have the best chance of quitting commercial tobacco use.

### Traditional Foods

- Decrease high starch, sugar and carbohydrate foods.
- Eat lean meat like wild game and buffalo.
- Increase use of leafy green vegetables like spinach.

### Native Games

- Get daily exercise. Pow Wow dancing, walking and Native Games are all good choices.

### Tribal Health

- Screening tests can prevent cervical and colon cancer and they can find breast and lung cancer early giving you the best chance of survival.
- The Cancer Screening Program offers screening tests to eligible Montana women. Eligibility is open to women aged 21-64 years who are under-insured and meet income guidelines.

## CONTACT

### Montana Tobacco Use Prevention Program

Phone: (866) 787-5247  
[infotobaccofree@mt.gov](mailto:infotobaccofree@mt.gov)  
 Website: [tobaccofree.mt.gov](http://tobaccofree.mt.gov)

### Montana Cancer Screening Program

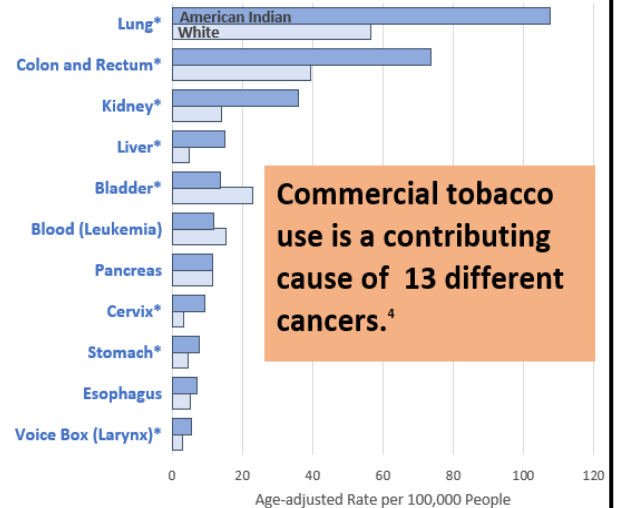
Phone: (888) 803-9343  
<https://dphhs.mt.gov/publichealth/Cancer/CancerScreening>

## Keep tobacco sacred in your community and your life!

Cancer presents a significant burden to American Indians (AI) throughout Montana. Lung cancer is the leading cause of cancer deaths among American Indian Montanans.<sup>1</sup>

The high prevalence of commercial tobacco use, 39%, and obesity, 41%,<sup>2</sup> along with limited access to preventive healthcare and treatment contribute greatly to the cancer burden among Montana American Indians.

Rate of new cancer cases among adults in Montana, 2008-2017<sup>3</sup>



Commercial tobacco use is a contributing cause of 13 different cancers.<sup>4</sup>



*“If you don’t ‘Get’ what smoking does to your lungs ... at least ‘Get’ what it does to your precious artifacts.”*

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



**AMERICAN INDIAN**  
 Commercial Tobacco Quit Line  
 1-855-5AI-QUIT  
[MTAmericanIndianQuitLine.com](http://MTAmericanIndianQuitLine.com)



**MY LIFE MY QUIT™**  
[mylifemyquit.com](http://mylifemyquit.com)  
 1-855-891-9989

## SOURCES

1. Montana Vital Statistics, 2008–2017, DPHHS
2. Montana Behavioral Risk Factor Surveillance System, 2018, DPHHS
3. Montana Central Tumor Registry, 2008–2017, DPHHS
4. *Tobacco and Cancer*, Centers for Disease Control and Prevention, <https://www.cdc.gov/cancer/tobacco/>