



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
 Website: tobaccofree.mt.gov

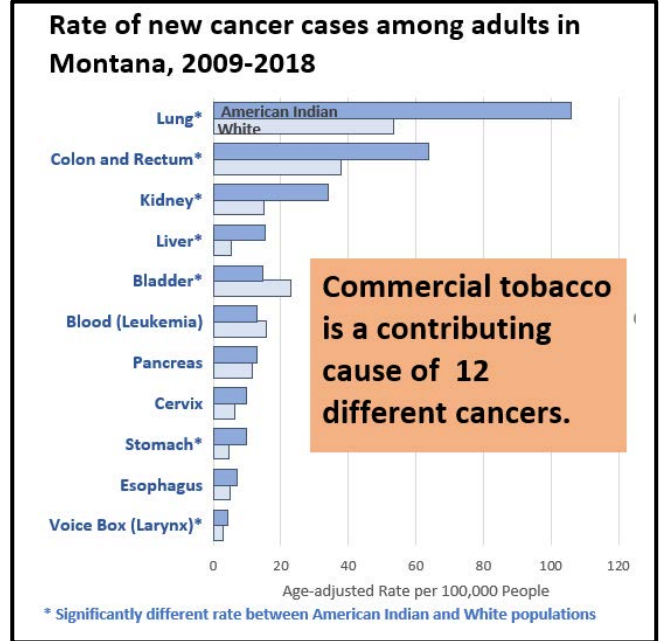
Montana Cancer Screening Program

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.¹

The high prevalence of commercial tobacco use, 40%, and obesity, 47.1%,² along with limited access to preventive healthcare and treatment contribute greatly to the cancer burden among Montana American Indians.



“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



MY LIFE MY QUIT™
mylifemyquit.com
 1-855-891-9989

SOURCES

1. Montana Vital Statistics, 2014–2018, DPHHS
2. Montana Behavioral Risk Factor Surveillance System, 2020, DPHHS
3. Montana Central Tumor Registry, 2009–2018, DPHHS
4. *Tobacco and Cancer*, Centers for Disease Control and Prevention, <https://www.cdc.gov/cancer/tobacco/>