



Get SMART with AATCHB !

Test Your Cancer Prevention & Control Knowledge!

No. 1: Cancer Health Facts

Choose the BEST answer.

1. Which is true about cancer?

- A. There are only 25 types of cancer
- B. A benign tumor is a type of cancer
- C. Cancer is an abnormal growth of cells

2. The risk of developing cancer gets higher as we get older.

- A. True
- B. False

3. What are the 3 most common cancers in Northern Plains Native American men?

- A. Prostate, lung, colorectal
- B. Pancreas, lung, stomach
- C. Liver, colorectal, prostate

4. What are the 3 most common cancers in Northern Plains Native American women?

- A. Cervix, breast, skin
- B. Breast, lung, colorectal
- C. Thyroid, ovary, lung

5. Smoking accounts for about ____ % of all cancers.

- A. 5
- B. 15
- C. 30

6. Screening tests are available for _____ cancer.

- A. Cervical, lung, prostate, colorectal
- B. Prostate, breast, bone, brain
- C. Breast, cervical, colorectal, prostate

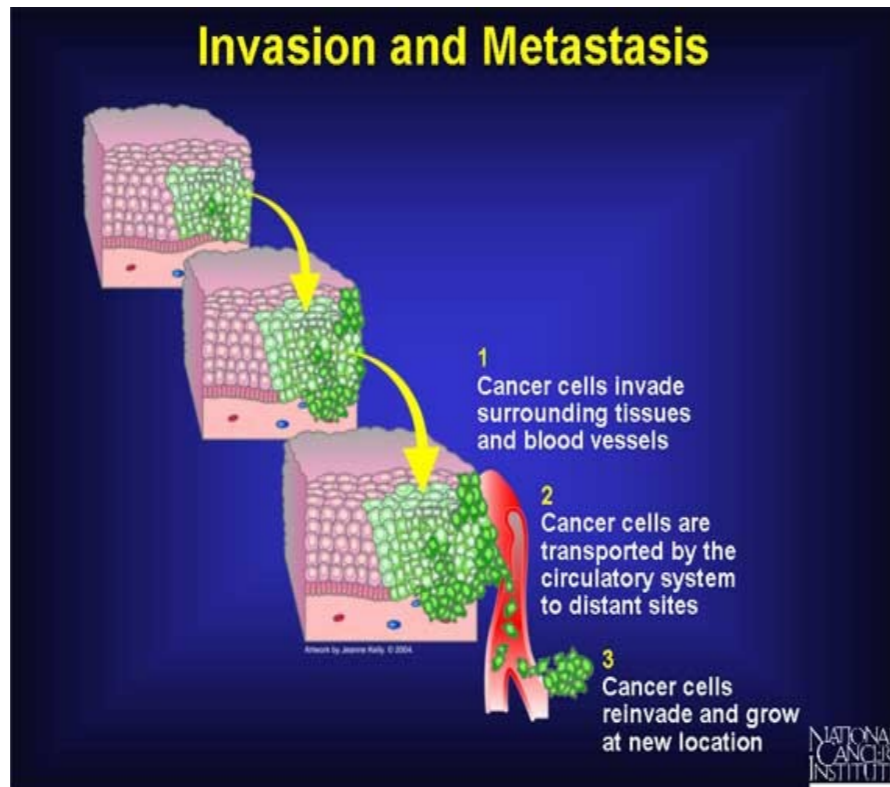
Answers: 1(C), 2 (A), 3(A), 4 (B), 5 (C), 6 (C)

What, exactly, is cancer?

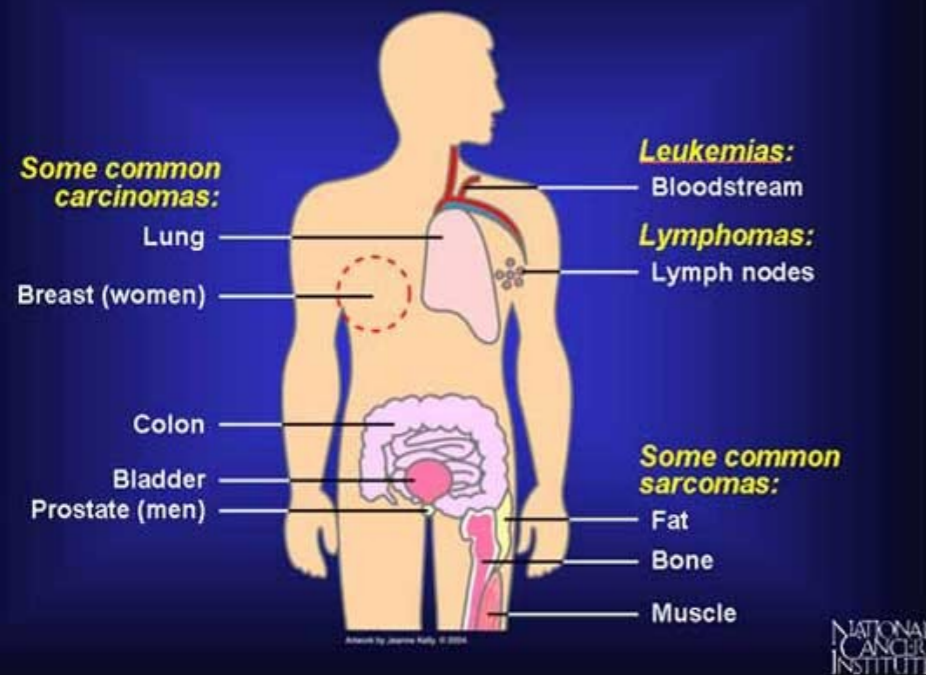
Cancer is an out of control, abnormal growth of cells in the body. There are many different types of cancer. It begins in one cell, then grows out of control. Many times it will become invasive and grow into surrounding tissues and tissues in other parts of the body.

This is called invasion and metastasis.

A bundle of abnormal cells is called a tumor, some are benign and not cancerous and some are malignant and are cancerous.



Different Kinds of Cancer



How to Prevent it!!!



Eating a healthy diet with at least 5 servings of fruit and vegetables every single day can lower your risk of cancer!

Exercising regularly can also lower your risk!



Cancer screenings greatly increase your risk of early detection, which could be key to saving your life.

Ask your doctor what cancers you should be screened for .



Smoking accounts for 30% of all cancers! Native Americans in the Northern Plains are a high risk group for developing lung cancer.

Talk to your doctor about how you can stop smoking today!

