COLORECTAL CANCER IS THE SECOND MOST COMMON CANCER AMONG AMERICAN INDIAN MEN AND WOMEN IN NEW MEXICO

Most Common Cancers Among American Indians in New Mexico

<table>
<thead>
<tr>
<th>MEN</th>
<th>WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Prostate</td>
<td>1. Breast</td>
</tr>
<tr>
<td>2. COLORECTAL</td>
<td>2. COLORECTAL</td>
</tr>
<tr>
<td>5. Lung</td>
<td>5. Thyroid</td>
</tr>
<tr>
<td>7. Pancreas</td>
<td>7. Liver</td>
</tr>
<tr>
<td>10. Oral</td>
<td>10. Stomach</td>
</tr>
</tbody>
</table>

Source: New Mexico Tumor Registry 2007-2011

ON AVERAGE, THERE ARE 51 NEW COLORECTAL CANCER (CRC) CASES DIAGNOSED AMONG AMERICAN INDIANS IN NEW MEXICO EVERY YEAR

51 NEW CASES EVERY YEAR

Leading Causes of Death for American Indians in New Mexico

1. Cancer
2. Heart Disease
3. Injury
4. Diabetes
5. Liver Disease

Source: NM IRIS 2010-2012 – Age Adjusted Mortality Rates
THE COLON AND RECTUM ARE PART OF YOUR DIGESTIVE SYSTEM. THEIR FUNCTION IS TO REMOVE WATER AND GET RID OF WASTE FROM THE BODY.

THE EXACT CAUSE OF COLORECTAL CANCER (CRC) IS NOT CLEAR.

HOW DOES CRC DEVELOP?

1. Most CRC begins as a non-cancerous growth called a polyp that forms on the inside layer of the colon or rectum. Some polyps can become cancerous.

2. As a CRC tumor develops, it grows through several layers of tissue.

3. Eventually the tumor may reach nearby lymph and blood vessels, and may even spread to lymph nodes and distant sites in the body.

COLORECTAL CANCER OFTEN STARTS QUIETLY, WITH NO WARNING. DON’T WAIT FOR SIGNS OR SYMPTOMS!
ROUTINE SCREENING CAN ACTUALLY PREVENT CRC OR FIND IT EARLY

MORE THAN 9 OUT OF 10 individuals diagnosed with early stage CRC that has not spread SURVIVE 5 YEARS (and many live much longer).

Source: American Cancer Society Facts and Figures 2011-2013

MORE THAN 5 OUT OF 10 American Indians with CRC in New Mexico are diagnosed at late stages, which lowers survival.

Source: New Mexico Tumor Registry 2000-2009

Because the early stages of CRC do not typically cause symptoms, all average-risk American Indian men and women age 50-75 should have one of the following screening tests:

**ONCE A YEAR**

**EVERY 5 YEARS WITH FOBT EVERY 3 YEARS**

**EVERY 10 YEARS**

<table>
<thead>
<tr>
<th>Screening Test</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>High-sensitivity fecal occult blood test (FOBT)</td>
<td>You do this test at home and send stool sample(s) to a doctor’s office or lab.</td>
</tr>
<tr>
<td>Flexible sigmoidoscopy</td>
<td>The doctor looks for polyps or cancer in the rectum and lower third of the colon.</td>
</tr>
<tr>
<td>Colonoscopy</td>
<td>The doctor looks for polyps or cancer in the rectum and the entire colon.</td>
</tr>
</tbody>
</table>

Source: United States Preventive Services Task Force (USPSTF)

**ONLY 3 IN 10** American Indian men and women in the Indian Health Service Albuquerque Area are up-to-date with colorectal cancer screening.

Source: Indian Health Service GPRA Area Summary Report 2010
HOW TO LOWER YOUR CRC RISK

How to Protect Yourself, Your Family and Our Communities

GET
- routine CRC screenings

MOVE
- get up and get moving - the more the better

KEEP
- tobacco use sacred

TALK
- to your health care provider about CRC screening

TELL
- friends and family members age 50-75 to have regular CRC screening tests

LIMIT
- alcohol use

KNOW
- your family history. Having a parent, brother, sister or child with CRC increases your risk.

90% of new CRC cases occur in people age 50 or older.

HELPFUL RESOURCES

National Cancer Institute
www.cancer.gov
1-800-4-CANCER

American Cancer Society
www.cancer.org
1-800-227-2345

Centers for Disease Control and Prevention (CDC)
www.cdc.gov/cancer/colorectal/

Albuquerque Area Southwest Tribal Epidemiology Center
www.tribalcolorectalhealth.org

New Mexico Department of Health
www.nmhealth.org/about/phd/cdb/crc/

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