

Sage Programs: MN NBCCEDP

March 2023



SAGE PROGRAMS AND CANCER CONTROL

MN Breast Cancer Mortality Data

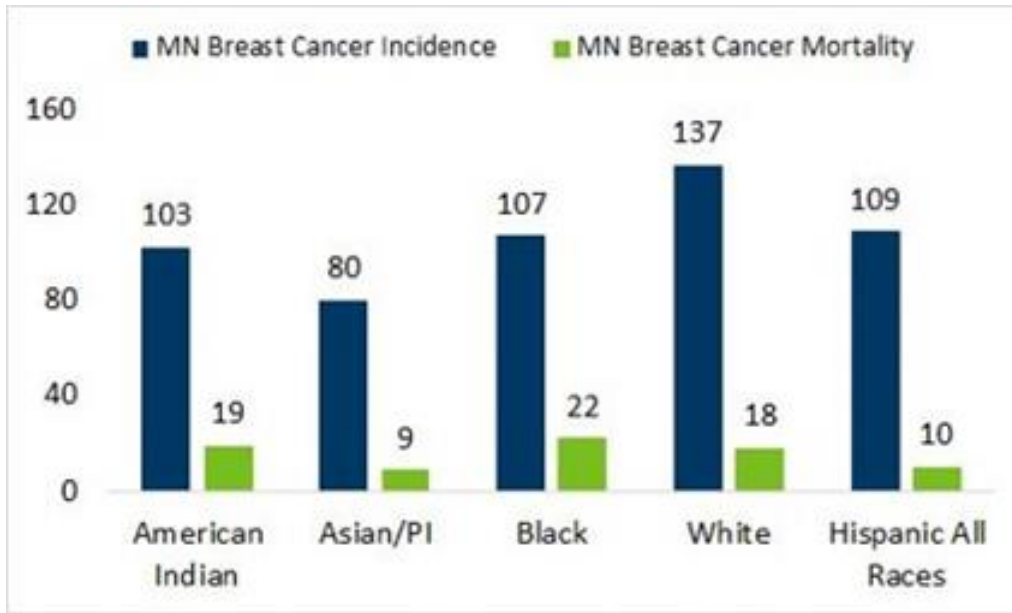


Figure 3. MN breast cancer incidence and mortality rates per 100,000, MCRS 2014-2018

MN Cervical Cancer Mortality Data

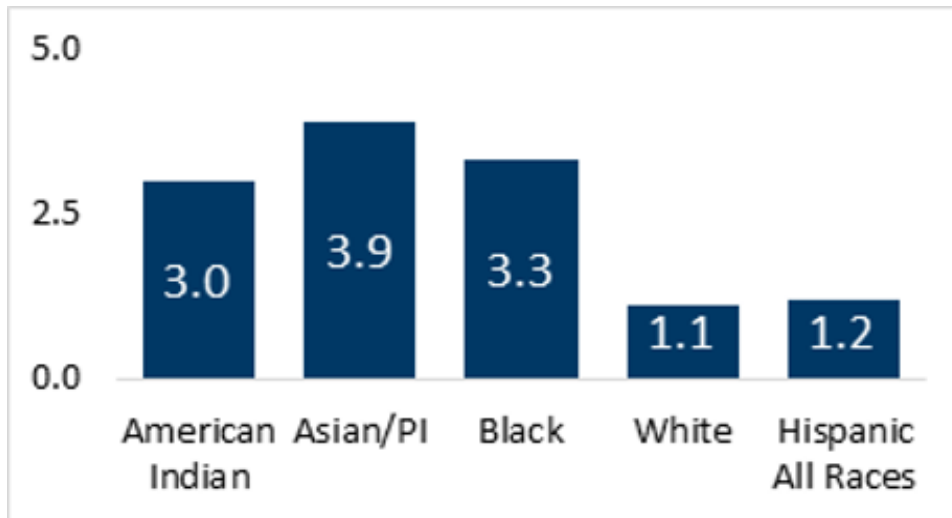
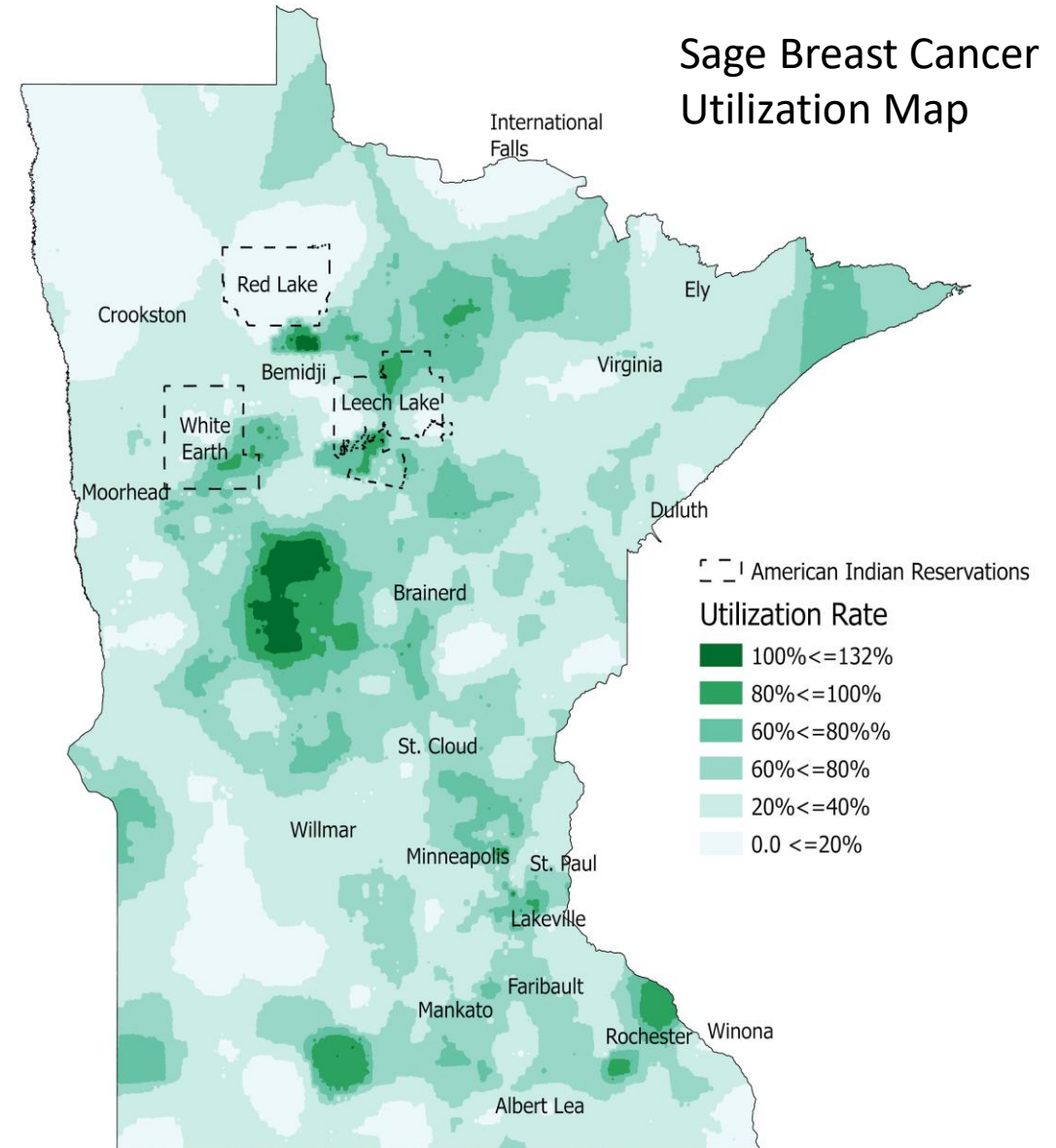


Figure 2. MN cervical cancer mortality rates per 100,000, MCRS 2014-2018

Sage Breast Cancer Utilization Map



HEART HEALTH



Your heart is a vital drum within your community

The rhythm of your heart is guided by the tempo of your ancestors and is in rhythm with your loved ones and future community members.

Cardiovascular disease (CVD), also referred to as heart disease, is the term used to describe different heart conditions.

Heart disease is one of the leading causes of death among Native people. Compared to other racial groups, the CVD death rate is highest for Indigenous people.

Common conditions of CVD include:

Heart attack: chest, neck, or back pain, indigestion, heartburn, extreme fatigue, vomiting or nausea, upper body discomfort, or dizziness

Arrhythmia: your heart beats too quickly, slowly, or in an irregular pattern

Heart failure*: shortness of breath, fatigue, swelling in the ankles, feet, legs, abdomen, or neck veins

* There are additional heart conditions included within the CVD category.



Symptoms can include but are not limited to:

- Chest pain, tightness or pressure
- Pain in the jaw, throat, neck, upper abdomen, or back
- Shortness of breath
- Nausea
- Anxiety

Risk factors include:

- Physical Inactivity
- Lack of rest or problems sleeping
- Stress
- Weight
- Commercial tobacco usage
- Nutrition/diet
- Alcohol

Certain health conditions or other factors may also increase your risk for developing CVD, including:

- Diabetes
- High blood pressure
- High cholesterol
- Obesity
- Age
- Family history

Across Indian Country, Native peoples often have higher rates of heart health problems, including mortality.



HEART HEALTH



The energy of our ancestral lifeways sustains the rhythm of our hearts!

Traditional Indigenous activities that may support your heart health include:

- Daily physical activity and rest
- Honoring the sacredness of tobacco and using it in a traditional or ceremonial way; limiting/eliminating commercial tobacco usage
- Eating a natural diet and foods that are traditional to your ancestral community; processed foods, alcohol, and other modified foods may impact your risk

Cancer & Heart Disease

Cancer survivors are often at a higher risk for heart disease for a variety of reasons, including damage to the heart and cardiovascular systems from cancer treatment. Following Indigenous lifeways and addressing these risk factors can potentially alleviate your risk for both.

Take Charge of Your Health

Talk to your health care team about options to support your heart health.

