

Honor the gift of health.

You have to take care
of yourself to take care
of your children and
future generations.

**Our lives are sacred.
Stop colorectal cancer by
getting screened today.**

Screen for colorectal
cancer today!

Act now if you're 45
or older!

Care for your whole body
and spirit

Regular exercise reduces
your risk of colorectal cancer

Eat plenty of fruits
and vegetables

Do it for your children
and grandchildren

Talk to a provider about which
at-home screening test is
right for you.

For more information,
call 800-745-3466

Great Plains Tribal Leaders Health Board
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Rapid City, SD 57703



Colorectal Cancer is Preventable!

Our lives are sacred.
Get screened for
colorectal cancer today!



Colorectal cancer is the 2nd leading cause of cancer-related death in American Indian communities.

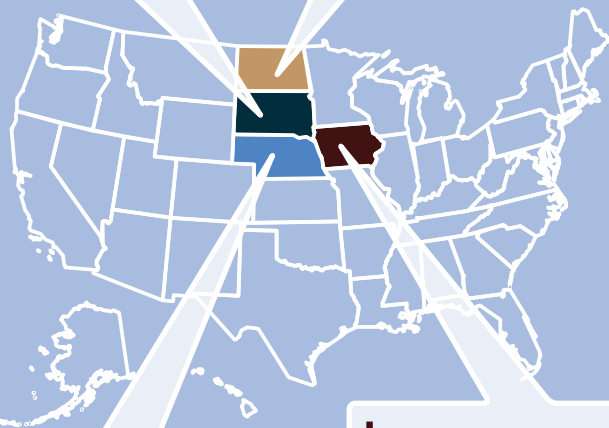
The good news: Colorectal cancer can be prevented or treated if found early.

**Take control of your health.
If you're 45 or older, get screened today!**

Approximately **153,000** people in the U.S. will be diagnosed with colorectal cancer and over **52,000** will die from the disease this year.

South Dakota-
cases 440
deaths 170

North Dakota-
cases 370
deaths 110



Nebraska-
cases 950
deaths 320

Iowa-
cases 1,630
deaths 540

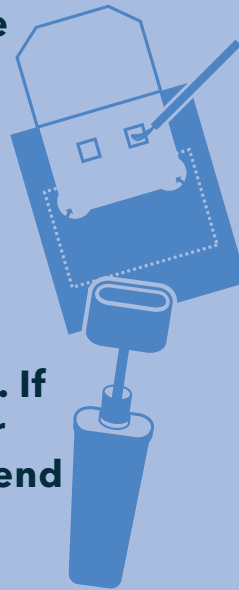
There is a **90%** survival rate where colorectal cancer is found or treated early.



This is why getting screened early is important!

There are affordable at-home screening options.

One option is a simple at-home test called a FIT. It looks for hidden blood in your stool (poop). If blood is found, your doctor will recommend a colonoscopy.



**TALK TO A PROVIDER
about which option
is right for you!**