

Fort Good Hope

"Where the Rapids Are"
welcomes you!

Majestic Ramparts
line the shores upriver from the community; these limestone cliffs are home to peregrines, eagles, cliff swallows and kingfishers. It is believed that Yamoga, a giant and local hero, saved the Dene people when he defeated a giant beaver in battle. He then laid down to rest and his body formed the ramparts his head and footprints can still be seen today. Giant beavers existed and died out some 10,000 years ago. With a local guide explore the Rabbit Skin River or Fossil Lake basin.



KASHO GOTINE COMMUNITY COUNCIL
East Grand Haven, MI



Northwest Territories Health and Social Services





Kīspin ki nitawihtīn ā nīhīyawihk ōma ācimōwin, tipwēsīnēn.

Cree

ʔerihɬ'ís dəne súliné yati t'a huts'elkər xa beyéyati theʔa ʔat'e, nuwe ts'ən yófti.

Chipewyan

If you would like this information in another official language, call us.

English

Si vous voulez ces renseignements en français, contactez-nous.

Français

Jii gwandak izhii ginjik vat'atr'ijahch'uu zhìt yinothtan jì', diits'àt ginohknìi.

Gwich'in

Hapkua titiqqat pijumagupkit Inuinnaqtun, uvaptinnut hivajarlutit.

Inuinnaqtun

Եթե մենք օգտագործում ենք այս օրենքը, ապա մենք պարտավորվում ենք օգտագործել այն:

Inuktitut

UVANITTUAQ ILITCHURISUKUPKU INUVIALUKTUN, QUQUAQLUTA.

Inuvialuktun

K'éhshó got'ine xədó k'é hederi ʔedihtl'é yeriniwe nídé dúle.

North Slavey

Edi gondi dehgéh got'ie zhatié k'éé edatł'éh enahddhe nide.

South Slavey

Tḥichọ yati k'èè dè wegodiì wek'èhoizọ neęwọ dè, gots'ọ goahde.

ThiChơ

1-867-920-3367

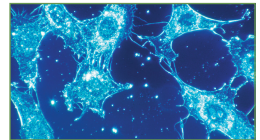
What is Cancer?

- Cancers start slowly, beginning with damage in the makeup of a single cell

The human body contains over 1,000,000,000,000 cells

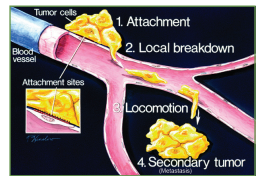
- Carcinogens (cancer causing substances) damage healthy cells causing cancer. There are some that are known to cause cancer, these are:

- the chemicals in cigarette smoke
- asbestos
- human papillomavirus (HPV)
- Ultra-Violet (UV) rays from the sun
- hepatitis B virus

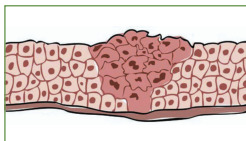


Healthy Cells ¹

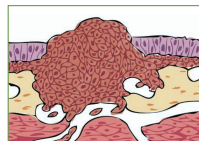
- Cancer cells grow fast, and keep the healthy cells from doing their job
- The cancer cells join together to form a tumor.
 - There are two types of tumors – benign and malignant
 - Benign tumors – are not cancerous and stay in one place in the body
 - Malignant tumors – are cancerous and spread to invade other parts of the body – the spreading is called metastasis
- Cancer can take many years of growth before any signs or symptoms show.
 - Sometime there may be no signs or symptoms at all – this is why regular cancer screening is important.



Metastasis ¹



Benign tumor



Malignant tumor

Sources:

- ¹ National Cancer Institute
- a. Cancer Awareness Toolkit, National Aboriginal Health Organization
www.naho.ca/documents/fnc/english/cancer_awareness.pdf
- b. Let's take a stand against...Colorectal Cancer! Facilitator Manual
www.cancercare.on.ca/about/programs/aborstrategy/ltsacc/ltsacckt/



- Risk factors are things that increase your chance of getting a disease like cancer.
- There are two types of risk factors:
 - modifiable – you can do something about them, for example you can change your lifestyle to reduce your risk
 - unmodifiable – you cannot change or do something about them, for example: being male or female or having a family history of cancer
- Modifiable risk factors can increase your risk of other chronic diseases. For example an unhealthy diet is a risk factor for cancer and for diabetes

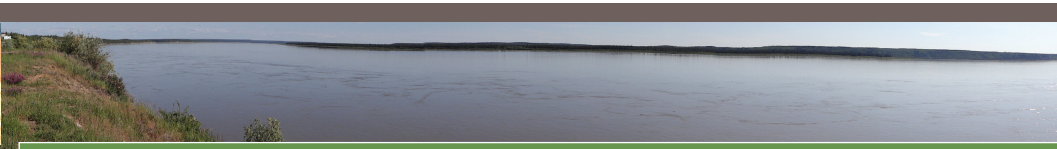
Cancer and the Environment

Environmental pollution by chemicals in drinking water, air, food and in the workplace may contribute to cancer. The harmful health effects of chemicals depend on the dose, strength of the chemical compound, the length of exposure and the general health of the individual. Outside the workplace, very few cases of cancer are believed to be caused by exposure to chemicals in the environment.

To find out whether a substance increases the risk of cancer, scientists carefully review the results of scientific studies of people and animals. These studies most often involve exposures that occur at work. Exposure to cancer causing substances is often higher in the workplace than at home or in the community.

Sources:

- a. Cancer Awareness Toolkit, National Aboriginal Health Organization
www.naho.ca/documents/fnc/english/cancer_awareness.pdf
- b. www.idph.state.il.us/envhealth/factsheets/cancer.htm



How can Cancer be Prevented?

These are modifiable risk factors

50% of cancers can be prevented by doing the following, which are also known as modifiable risk factors:

- Eating healthy (choose fruits and vegetables, and try low fats and whole grains where available). How about a community garden (or berry picking)!
- Being physically active (walking 30 minutes per day is a good way to be active)
- Avoiding tobacco (including cigarettes, chew, snuff and second hand smoke)
- Alcohol and Cancers: The use of alcohol is clearly linked to an increased risk of developing breast cancer. The risk increases with the amount of alcohol consumed. Compared with non-drinkers, women who consume 1 alcoholic drink a day have a very small increase in risk. Those who have 2 to 5 drinks daily have about 1½ times the risk of women who drink no alcohol. Excessive alcohol use is also known to increase the risk of developing several other types of cancer.

For cancer prevention, the American Institute for Cancer Research recommends not to drink alcohol. However, our expert report recognizes that modest amounts of alcohol may have a protective effect on coronary heart disease. If you do drink alcohol, limit your consumption to no more than two drinks a day for men and one drink a day for women.

One drink is:

- 12oz (350 ml) of beer (5% alcohol)
 - 5oz (145 ml) glass of wine (12% alcohol)
 - 1.5 oz (45ml) spirits (40% alcohol)
- Some Immunizations can help to prevent cancer as well.

Talk to your health care provider about how to protect yourself.

Sources:

- a. en.wikipedia.org/wiki/Alcohol_and_cancer
- b. www.cancer.org/Cancer/BreastCancer/DetailedGuide/breast-cancer-risk-factors
- c. prevention.cancer.aicr.org/site/PageServer?pagename=recommendations_06_alcohol



HPV Immunization

- All sexually active females should protect themselves against Human papillomavirus (HPV) which is sexually transmitted and can cause both cervical and oral cancers.
- One way to prevent HPV is by getting the HPV vaccination, which is available free of charge to girls from Grade 4 and up through the NWT school immunization program. For young adult females, ask your health care provider if you are candidate for the HPV vaccine.

Hepatitis B Immunization

- Hepatitis B is a viral infection that attacks the liver. This virus is transmitted through contact with the blood or other body fluids of an infected person – not through casual contact, like shaking hands.
- Hepatitis B Immunization is usually given during infancy. Ask your health care provider if you are not sure you or your child have been immunized.

Sources:

- www.who.int/mediacentre/factsheets/fs204/en/
- <http://www.hss.gov.nt.ca/health/immunization-and-vaccines/hepatitis-b>
- Northwest Territories Health and Social Services website
<http://www.hss.gov.nt.ca/health/immunization-and-vaccines/hpv-vaccine>
- The Facts about Human Papilloma Virus (HPV) and HPV Vaccine
http://www.hss.gov.nt.ca/sites/default/files/facts_about_hpv.pdf

Screening for Cancer

Regular screening can find cancers when it is very small or even before it becomes cancer, by finding changes in the cells of your body.

*Screening for cervical and colorectal is available in your community,
ask your health care provider today!*

When should you start Cancer screening?

Below is the recommended screening for men and women who do not have a history of cancer in their immediate family (parent, sibling, or child).

- Screening for women Breast – Mammogram starting at 50 years and then every two years thereafter
- Cervical – Pap Test. If you are age 21 and older or three years after becoming sexually active
- Colorectal – Fecal Immunochemical Test (FIT) starting at 50 years and then at least every two years thereafter



NWT has no formal guidelines for population health level prostate cancer screening.

If you have a history of cancer in your immediate family talk to your health care provider about recommended screening for you.

How often should you be rescreened? If your cancer screening is clear then you should return for screening again in:

- Colorectal FIT screening in 1-2 years
- Breast screening in 2 years
- Cervical screening in 1-2 years

Sources:

- a. Cervical Cancer Screening
http://www.hss.gov.nt.ca/sites/default/files/nwt_cervical_cancer_screening_patient_information.pdf
- b. Breast Cancer Screening
http://www.hss.gov.nt.ca/sites/default/files/page_67_breast_cancer_screening_program_guidelines_for_the_nwt.pdf
- c. Colorectal Cancer Screening
http://www.hss.gov.nt.ca/sites/default/files/page_101_nwt_colorectal_screening_guidelines.pdf



If you have any of the following please contact your health care provider:

- A new or unusual lump or growth
- A sore that doesn't heal – on the body or in the mouth
- An obvious change in size, colour, or shape of a wart or mole
- A nagging cough or raspy voice
- Indigestion that doesn't go away or problems swallowing
- Unusual bleeding or discharge from the nipple or vagina
- Change in bladder habits – such as pain or difficulty urinating (peeing)
- Change in bowel habits – such as diarrhea, constipation, or both lasting more than a couple weeks, or thinner stools
- Weight loss or gain, fever, or tiredness that can't be explained
- Any new growth on the skin, or skin that bleeds, itches or becomes red.

Where to go for more information:

Government of the Northwest Territories, Sahtu Health and Social Services Authority
 Box 340, Norman Wells, NT X0E 0V0
Phone: 867.587.3651 • **Fax:** 867.587.3436
www.shssa.org/default.htm

Government of the Northwest Territories, Department of Health & Social Services
 Cancer in the NWT – Brochures and Fact Sheets (2004)
<http://www.hss.gov.nt.ca/publications/brochures-fact-sheets/cancer-nwt>

Canadian Cancer Society – Alberta/NT Division head office
 200, 325 Manning Road NE, Calgary, AB T2E 2P5
Toll-free: 1.800.661.2262 • **Phone:** 403.205.3966 • **Fax:** 403.205.3979 • **E-mail:** info@cancer.ab.ca

Canadian Cancer Society – Northwest Territories Regional Office
 4817–49th Street, Yellowknife, NT
Phone: 867.920.4428 • **Fax:** 867.920.4162
www.cancer.ca/Alberta-NWT/About%20us/Contact%20us.aspx?sc_lang=en

Canadian Cancer Encyclopedia (Canadian Cancer Society)
 Contains a database of cancer information covering a wide range of topics including risk reduction, screening, diagnosis, treatment and supportive care
<http://info.cancer.ca/cce-ecc/>
Cancer glossary: Check here for words or medical terms you don't understand.

Alberta Health Services – Northern Health Services Network
 Royal Alexandra Hospital, Room 570, Community Services Centre
 10240 Kingsway Avenue NW, Edmonton, AB T5H 3V9
Phone: 780.735.5761
www.albertahealthservices.ca/services.asp?pid=service&rid=4081

Alberta Cancer Information
www.albertahealthservices.ca/Cancer.asp

- 50 % of cancers are preventable through living a healthy lifestyle
- Cancer can take many years of growth before any signs or symptoms show
- There are over 200 types of cancers
- 50 % of all cancers are curable if caught early and treated early
- Junk food does not cause cancer; it fills you up with food that has no nutritional value.
- Eating traditional foods that have protein, fibre, and antioxidants (natural substances found in foods such as berries, that can lower the risk of cancer) and are low in fat help to protect you from cancer.
- There is a vaccine to prevent HPV and Hepatitis B which are both known to cause cancers
- Cancer is not contagious – you can't catch it from another person
- There may be no signs or symptoms that cancer is growing in your body
- Colorectal Cancer is 90 % curable if caught early and treated early
- Alcohol increases the risk of cancer of the mouth, pharynx, larynx, esophagus and breast, as well as colorectal cancer in men



Saint Elizabeth
Well beyond health care