

Diné éí hózhóqjík'ehgo (si'ah naaghái bik'eh hózhóón) ádaa áháyánígíí yee sizíigo binahjí' nízadgóó iiná yá'át'éehii yoot'ih. Díí yee bidziilgo éí bits'íís yaa áhályáago éí azeé' ál'íidi yah anadáago bits'íís bá naalkaahgo áko díí ats'íís bit'óól dah díníisééh áádóó ba'át'e' hólq dooleefígíí t'áá bitséedi yee ádaa áhályá.

Navajo people, in harmonious way, (long and beautiful life) taking care of self, by it, he/she stands, with it, long life, good, living it. With these thoughts, taking care of his/her body, with that, visit the doctors, check ups, cells in the body that grow uncontrollably, early detention, taking care of self.

To stay healthy, you should:

- **Áníldásígíí t'áá ákogo íínisin.**
Maintain a healthy weight.
- **Nitah hodísééh.**
Get at least 30 minutes of physical activity on 5 or more days of the week.
- **Nát'oh dooda.**
Don't use tobacco. If you do, ask your doctor or nurse about quitting.
- **Tó tsi'na'iílahígíí dooda.**
Drink less alcohol, if you drink at all.
- **Chííh choiní'í.**
Red Clay also provides good protection from the sun. Protect yourself from the sun with an SPF (sun protection factor) of 15 or higher.

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

For more information call and reference "Navajo brochure"

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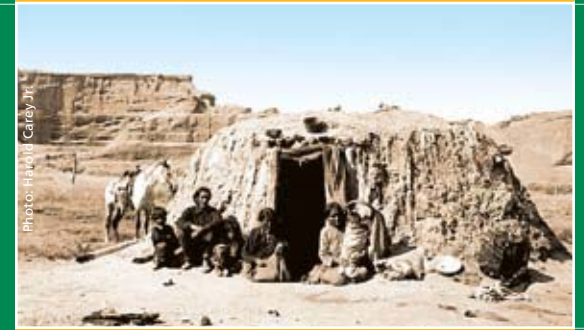


1.800.ACS.2345
www.cancer.org

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American Cancer Society

Guidelines for the Early Detection of Cancer



Take good care of yourself
Yéego ádaa áhályá



Importance of Screening

The following cancer screening guidelines are recommended for those people at average risk for cancer (unless otherwise specified) and without any specific symptoms.

Screening can detect cancers of the breast, colon, cervix, prostate, mouth, and skin at early stages, thereby greatly improving a person's chances for survival.



Photo: Ed McCombs

Asdzóní/Women

Breast

Ats'íís bitł'óól dah díníisééh áádóó ba'át'e' hóló yileeh éí habe' yihodiił'ih

Cells in the body that grow uncontrollably, one's breast, affects it.

- All women should have yearly mammograms, starting at age 40. Clinical breast exam (CBE) should be part of a periodic health exam, preferably at least every three years in women in their 20s and 30s, and every year for women 40 and older.

Cervical

Hwiishch'id bidáa'gi béldisgo bee naalkaah.

Uterus, at the tip of it, scraped off, with it, screening done

- All women should start getting screening done every year with regular Pap tests or every 2 years using liquid based tests.
- Starting at age 30, women who have had 3 normal test results in a row may get screened every 2 or 3 years.

Prostate

Halzh bikááz hajilchii' biyi'dóogo yíla tsosts'idí bee bí'dílnihgo naalkaah.

One's prostate, from inside rectum, when pressed with index finger, screening done.

- All men beginning at age 50 should talk with their doctor about screening options for prostate cancer.
- Men should be given information about the benefits and limitations of tests so they can decide if they want to be tested by their doctors.



Photo: Ed McCombs

Hastóí/Men



Colon

Ats'íís bitł'óól dah díníisééh áádóó ba'át'e' hóló yileehígíí há'déest'íí'go hach'íídíil biyi'di naalkaah.

Cells in the body that grow uncontrollably, one looks for it, one's large intestine, inside it, lab/screening.

- Screening starting at age 50
- Have one of these Tests:
 1. Test to check for blood in your stool – Every year, OR
 2. Test to look into the lower part of the colon (flexible sigmoidoscopy) – Every 5 years, OR
 3. Test to look into the entire colon (colonoscopy) – Every 10 years.

Your doctor or nurse will help you decide which of these tests are best for you.

Be sure to tell your doctor or nurse if you have had any type of cancer or if your mother, father, brother, sister or children have had cancer.