

# 2015 Arizona American Indian Health Systems Summary Report

from

Arizona Department of Health Services

Figure 11. Age-Adjusted Mortality Rate from Cancer Related Causes among American Indians Compared to all Groups in Arizona, 2015

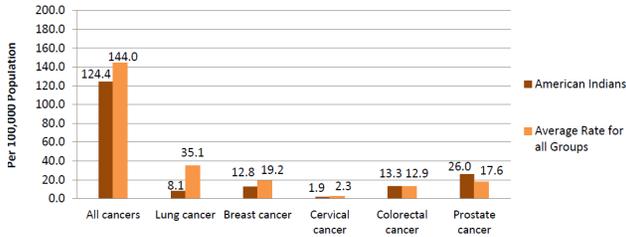
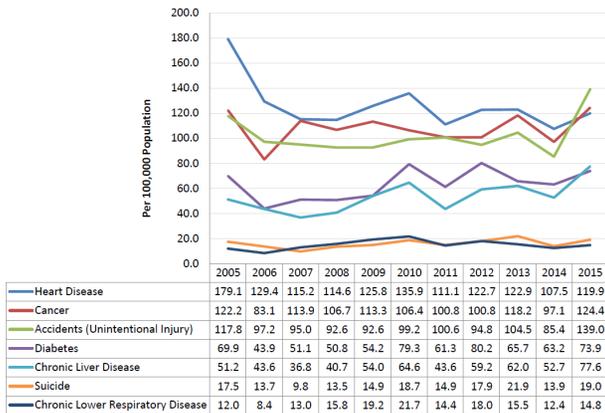


Figure 35. Age-Adjusted Mortality Rate for Selected Causes of Death among American Indians (2005-2015)



## Leading Causes of Death

Table 1. Five Leading Causes of Death by Gender among American Indians (2015)

Rank	Female	Male	Both
1	Cancer 112.4	Accidents (unintentional injury) 203.9	Accidents (unintentional injury) 139.0
2	Diseases of heart 89.1	Diseases of heart 158.9	Cancer 124.4
3	Accidents (unintentional injury) 82.7	Cancer 142.1	Diseases of heart 119.9
4	Chronic liver disease and cirrhosis 66.1	Chronic liver disease and cirrhosis 91.8	Chronic liver disease and cirrhosis 77.6
5	Diabetes 65.3	Diabetes 85.6	Diabetes 73.9

Notes: \* Based on age-adjusted mortality rates: Number of deaths per 100,000 population, age-adjusted to the 2000 U.S. standard.

Table 2. Five Leading Causes of Death among American Indians by Gender and Residence On or Off Reservation (2015)

Rank	Female, resided on reservation	Female, resided off reservation	Male, resided on reservation	Male, resided off reservation
1	Alzheimer's disease 12.7	Cancer 16.0	Accidents (unintentional injury) 20.4	Accidents (unintentional injury) 20.3
2	Cancer 12.2	Accidents (unintentional injury) 11.4	Diseases of heart 13.0	Cancer 11.6
3	Accidents (unintentional injury) 9.8	Diseases of heart 10.6	Cancer 9.9	Diseases of heart 10.7
4	Diabetes 5.8	Chronic liver disease and cirrhosis 7.9	Chronic liver disease and cirrhosis 9.2	Chronic liver disease and cirrhosis 8.7
5	Chronic lower respiratory diseases 2.1	Diabetes 7.3	Diabetes 7.4	Diabetes 6.8

Note: \* Percent of total deaths in specified group

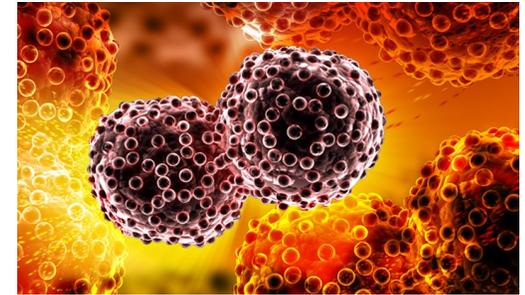
Table 3. Mortality Percent by Type of Cancer and Gender among American Indians Compared to the rest of Arizona (2005-2015)

Rank	Arizona male <sup>a</sup>	American Indian male	Arizona female <sup>b</sup>	American Indian female
1	Trachea, bronchus, lung 26.3	Liver 12.1	Trachea, bronchus, lung 25.0	Breast 12.2
2	Lymphoma 10.8	Prostate 11.3	Breast 15.3	Lymphoma 11.0
3	Prostate 10.1	Lymphoma 10.0	Lymphoma 9.2	Colon, rectum, anus 8.1
4	Colon, rectum, anus 9.0	Colon, rectum, anus 9.4	Colon, rectum, anus 9.1	Ovary 7.8
5	Pancreas 6.6	Trachea, bronchus, lung 8.1	Pancreas 6.8	Trachea, bronchus, lung 7.7
6	Liver 4.8	Kidney 7.8	Ovary 5.8	Liver 7.6

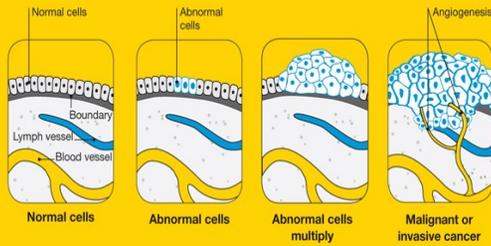
Notes: a. Percent of cancer deaths in specified group in 2005-2015  
b. All race/ethnic groups combined

# CANCER

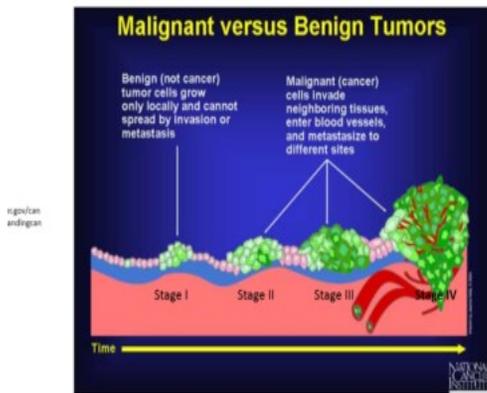
## WHAT DO WE KNOW?



### How cancer starts



### DNA & Protein Mutations To Tumor Formation aka Tumorigen



### Benign

- Slow growing,
- capsulated,
- Non-invasive do not metastasize, well differentiated,
- suffix “oma” eg. Fibroma.

### Malignant:

- Fast growing,
- non capsulated,
- Invasive & Infiltrate
- Metastasize.
- poorly differentiated,
- Suffix “Carcinoma” or “Sarcoma”

## BREAST CANCER Self Check



**STEP 1 :**  
Look at your breast in a mirror, with straight shoulders and your arms on your hips. Look for any changes on the basic appearance of your breast.



**STEP 2:**  
Repeat with your arms raised, squeezed each nipple between your finger and thumb and check for any nipple discharge.



**STEP 3:**  
Lie down. Use a firm, smooth touch with the three middle fingers of your hand, keeping the fingers flat and together to feel your breast in a circular motion.



**STEP 4:**  
Finally, feel your breast while you are standing or sitting. Follow the same procedure as in STEP 3.

### Stages of Cancer



- CHECK YOUR PARTNER.
- CHECK YOURSELF.

## MYTH vs FACT

I am too young to get breast cancer



Many women who are under 40 are diagnosed with breast cancer

Men can't get breast cancer



1 in 1 249 men have a lifetime risk of breast cancer

Alcohol is not linked to breast cancer



Alcohol use increases the risk of breast cancer

Only women with a family history of breast cancer are at risk



All women are at risk, but family history increases the risk

I have never had children, so I can't get breast cancer



Women who have never had children, or only had them after 30, have increased risk of breast cancer