

**Northwest Portland Area Indian Health Board  
Northwest Tribal Cancer Control Project**



# Resource Guide

**Selected Resources for Cancer Prevention &  
Control in Northwest Tribal Communities**

October 2003



**Northwest Portland Area Indian Health Board**

Northwest Tribal Cancer Control Project

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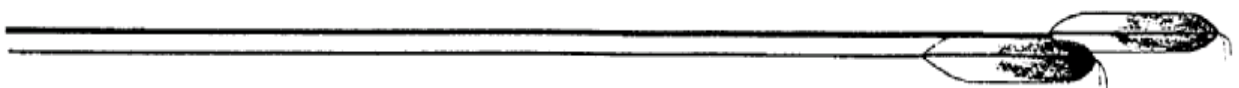
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# In Memory of Violet Sore Arm Allman

(September 5, 1922 – July 23, 2002)

This Resource Guide is offered in memory of Violet Sore Arm Allman (Nez Perce) whose baskets are featured in this guide. She was a kind and generous person whose memory will live on forever in the lives of all who knew her. Ms. Allman was one of the founders of Pi Nee Waus, an organization serving American Indian elders in the Portland-Vancouver metropolitan area. Violet and her husband, the late Blu Allman, were actively involved in the 1960's structuring of the Portland Indian Community. She taught her culture, stories, and language to the Native community.



# Acknowledgements

The staff of the Northwest Tribal Cancer Control Project (NTCCP) offers their appreciation to all the organizations in this guide. Our hope is that this resource guide will make resources more easily accessible in tribal communities throughout the Northwest. Staff developed the Resource Guide based on information supplied by each organization or from their websites.

We offer our heartfelt gratitude to Sande Allman (Oglala Lakota/Nez Perce) for offering the use of the photographs of Nez Perce baskets and cornhusk root bags from the late Violet Allman collection. Our compliments go out to Kristen Potts (Pit River/Maidu) who photographed these items. Both are employed by the National Indian Child Welfare Association.

Staff of the Northwest Tribal Cancer Control Project also acknowledges the Centers for Disease Control and Prevention for their ongoing support as well as every organization that has provided services and other resources to the Northwest Tribal Cancer Control Project and the tribal nations served. We seek to continue to work collaboratively as we strive to reduce the cancer burden in our communities.

Another word of thanks goes to Peggy Biery (Grand Ronde), former NTCCP specialist, for her initial work on many of the items included here. Cicelly Gabriel (Lakota/Yurok), project assistant, has taken the initiative to bring together all the supplies needed to complete this document for your use and has made ongoing contributions in content and design. Clarice Hudson (Mandan-Hidatsa), who worked on a temporary basis for the Northwest Tribal Cancer Control Project, made many, many calls to verify contact information in this guide. Brittany Harris (Pit River), an extern for Indian Health Service, conducted much research to identify cancer control resources in the Northwest; many of which are included in this document.

We are also grateful for Barbara Watson (Siletz) for her critique and recommendations for the layout design.

\* \* \*

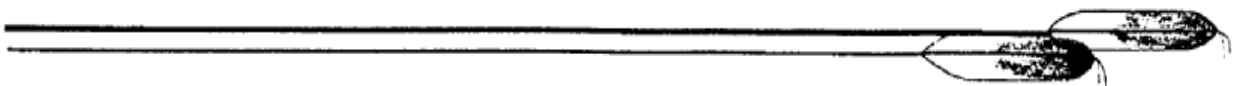
This Resource Guide was supported by Cooperative Agreement No. U55/CCU021985-01 of the Centers for Disease Control and Prevention. The contents of the guide are solely the responsibility of the Northwest Tribal Cancer Control Project and do not necessarily represent the official views of CDC.

# Preface

The purpose of this resource guide is to provide information about a select number of cancer control resources available to tribal communities throughout Idaho, Oregon, and Washington. This is not an exhaustive list.

In an effort to link tribes to available resources that they may have not used in the past, we have provided the following information: general information about the agency's goals and objectives, a brief description of what resources are available, and a description of how and where to obtain them.

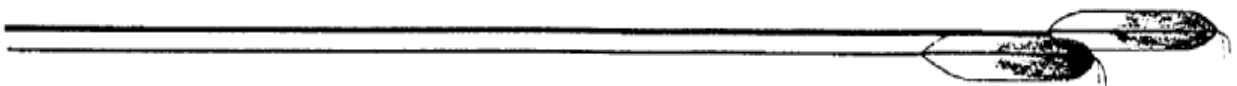
NTCCP staff have called the numbers and have verified the information included in this guide with the exception of some items gleaned from websites and other sources. We request that all contributors update their information as needed. If you would like to provide any other updates, please use the form provided at the back of this guide. All information is current as of August 2003.



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An Overview: Northwest  
Portland Area Indian  
Health Board

Selected Resources for Cancer  
Prevention and Control

Breast and Cervical Cancer Early  
Detection Programs

Cancer-related Programs at the  
Northwest Portland Area  
Indian Health Board

Appendices



# **Tab 1: Northwest Portland Area Indian Health Board – An Overview**



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# Introduction

The purpose of this booklet is to provide information needed to obtain cancer prevention and control resources in your tribal community. **Tab 1** includes general information about the Northwest Portland Area Indian Health Board. This includes a map of the Portland Area, which encompasses Idaho, Oregon, and Washington. **Tab 2** provides information about five organizations, which offer general resources for cancer prevention and control. **Tab 3** describes breast and cervical cancer screening programs in the Portland Area. **Tab 4** gives information about programs administered by the Northwest Portland Area Indian Health Board, which are directly or indirectly related to cancer control. **Tab 5** appends information that can enhance cancer control efforts in tribal communities. Each section provides (a) general information about the organization, (b) what resources are available, (c) how to obtain the resources, and (d) where they are available.

Cancer is the second leading cause of death among American Indians and Alaskan Natives nationally.<sup>1</sup> Cancer is a group of over one hundred diseases. Nearly two-thirds of all cancers could be prevented through healthful lifestyle choices. For example, the American Cancer Society reports, “Evidence suggests that one third of the more than 500,000 cancer deaths that occur in the United States each year can be attributed to diet and physical activity habits, with another third due to cigarette smoking.”<sup>2</sup> The efforts represented throughout this guide have one goal in common, and that is to reduce the cancer burden, which is measured by the number of cases, the number of deaths, the effects of the disease, and the length of time people are able to survive a cancer diagnosis.

As a comprehensive cancer control program, the Northwest Tribal Cancer Control Project is working to take an integrated and coordinated approach to cancer control through prevention, screening and early detection, diagnosis, treatment, rehabilitation, and palliation (or comfort care). Through our individual efforts, we each can contribute significantly to a healthier community.

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<sup>1</sup> Paisano, R, Cobb, N, Espey, DK. Cancer Mortality among American Indians and Alaska Natives – United States, 1994-1998. *MMWR* August 1, 2003/52(30); 704-707. [Write NTCCP for article.]

<sup>2</sup> American Cancer Society. The American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention (reprinted from *CA – A Cancer Journal for Clinicians*), March/April 2002, Vol. 52/No. 1, 66-67, 92-119.



**Northwest Portland Area Indian Health Board**  
**Northwest Tribal Cancer Control Project**



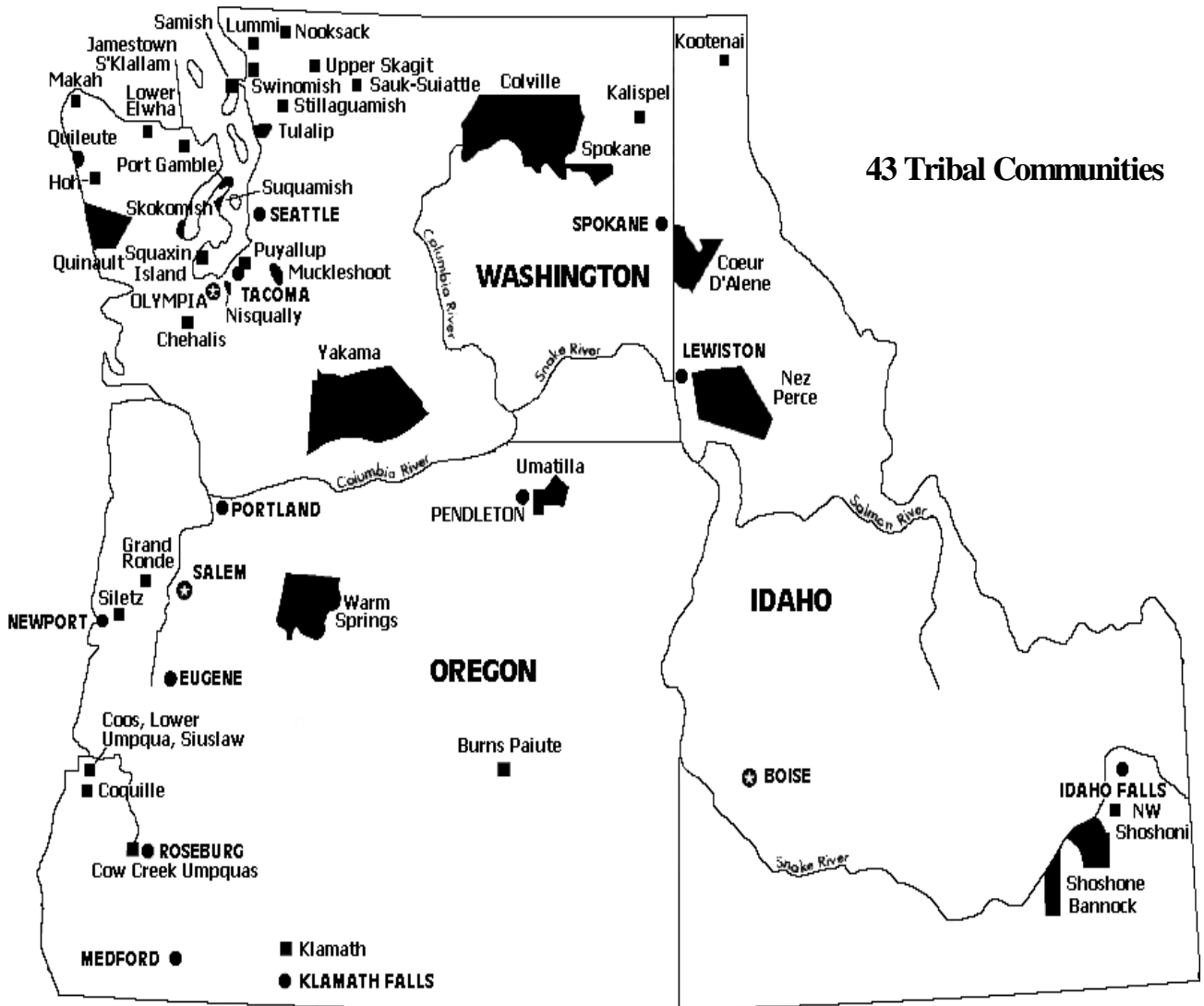
The **mission** of the Northwest Portland Area Indian Health Board is to assist Portland Area tribes to improve their health status and quality of life of member tribes and Indian people in their delivery of culturally appropriate and holistic health care.

The **goal** of the Northwest Tribal Cancer Control Project is, in consultation with tribes, to save lives by eliminating all preventable forms of cancer in Northwest tribal communities throughout Idaho, Oregon, and Washington.



# The Portland Area

Encompassing Idaho, Oregon, and Washington







# Northwest Portland Area Indian Health Board

Indian Tribe/Nation
Burns Paiute Tribe
Coeur d'Alene Tribe
Confederated Tribes of the Chehalis
Confederated Tribes of the Colville Reservation
Confederated Tribes of the Coos, Lower Umpqua & Siuslaw Indians
Confederated Tribes of the Grand Ronde
Confederated Tribes of the Siletz Indians of Oregon
Confederated Tribes of the Umatilla Indian Reservation
Confederated Tribes of Warm Springs Reservation of Oregon
Coquille Tribe
Cow Creek Band of Umpqua Tribe of Indians
Cowlitz Indian Tribe
Hoh Tribe
Jamestown S'Klallam Tribe
Kalispel Tribe of Indians
Klamath Tribes
Kootenai Tribe
Lower Elwha Klallam Tribe
Lummi Nation
Makah Indian Nation
Muckleshoot Indian Tribe
Nez Perce Tribe
Nisqually Tribe
Nooksack Tribe
Northwest Band of Shoshone Indians
Port Gamble S'Klallam Tribe
Puyallup Tribe of Indians
Quileute Tribe
Quinalt Nation
Samish Indian Tribe
Sauk-Suiattle Indian Tribe
Shoalwater Bay Indian Tribe
Shoshone-Bannock Tribes
Skokomish Tribal Nation
Snoqualamie Indian Tribe
Spokane Tribe of Indians
Squaxin Island Tribe
Stillaguamish Tribe
Suquamish Tribe
Swinomish Indian Tribal Community
Tulalip Tribes
Upper Skagit Tribe
Yakama Nation





## **Tab 2: Selected Resources for Cancer Prevention and Control**





# American Cancer Society

- General Information** 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.
- Resources Available** Through research, fundraising, and trained volunteers, the American Cancer Society provides a wide array of services including the following: support groups, services, and events for support, information, and ideas about how you can help fight cancer.
- How to Obtain Resources** Call your branch office, which is listed on the following pages.
- Contact Information** 1-800-ACS-2345 (1-800-227-2345). See the contact information on the following pages for your respective branch of the American Cancer Society. Visit the website at <http://www.cancer.org>.



## Chart of Branch Offices – American Cancer Society

**Directions:** Find the “X” in the row where your tribe is named. At the top of the column where that “X” is located is the name of the branch office, which serves your tribal community. See the page following this chart for the contact information for that branch office of the **American Cancer Society**.

Tribes	North Puget Sound	South Puget Sound	Portland	Eugene	Medford	Spokane	Kennewick	Blackfoot	Boise	Lewiston/Coeur d’Alene	Rupert	Ogden
<b>For Idaho Tribes</b>												
Coeur d’Alene										X		
Kootenai										X		
Nez Perce										X		
Northwest Band of Shoshone												X
Shoshone Bannock Tribes								X			X	
<b>For Oregon Tribes</b>												
Burns Paiute							X					
Confederated Tribes of Siletz Indians			X	X								
Confederated Tribes of Grand Ronde			X	X								
Confederated Tribes of the Umatilla Indian Reservation							X					
Confederated Tribes of Warm Springs			X	X								
Confederated Tribes of Coos, Lower Umpqua, Suislaw				X	X							
Coquille					X							
Cow Creek					X							
Klamath Tribes					X							

Tribes	North Puget Sound	South Puget Sound	Portland	Eugene	Medford	Spokane	Kennewick
<b>For Washington Tribes</b>							
Confederated Tribes of Chehalis		X					
Confederated Tribes of Colville						X	
Hoh		X					
Jamestown S' Klallam		X					
Kalispel						X	
Lower Elwha		X					
Lummi	X						
Makah		X					
Muckleshoot		X					
Nisqually		X					
Nooksack	X						
Port Gamble		X					
Puyallup		X					
Quileute		X					
Quinault Indian Nation		X					
Samish	X						
Sauk Suiattle	X						
Shoalwater Bay		X					
Skokomish		X					
Spokane						X	
Squaxin Island		X					
Stillaguamish		X					
Suquamish		X					
Swinomish	X						
Tulalip Tribes	X						
Upper Skagit	X						
Yakama Indian Nation		X	X				X







## Addresses of Branch Offices – American Cancer Society

### Oregon

#### **Eugene**

2350 Oakmont Way, Suite 200  
Eugene, OR 97401  
Tel: (541) 484-2211  
Fax: (541) 687-9624

#### **Medford**

31 W 6<sup>th</sup> Street  
Medford, OR 97501  
Toll-free: 1-800-227-2345  
Tel: (541) 779-6091  
Fax: (541) 779-1470

#### **Portland**

0330 SW Curry Street  
Portland, OR 97201  
Toll Free: 1-800-577-6552  
Tel: (503) 295-6422  
Fax: (503) 228-1062

### Idaho

#### **Rocky Mountain**

P.O. Box 1145  
Blackfoot, ID 83221  
Tel: (208) 785-2516  
Fax: (208) 785-6457

#### **Magic Valley**

2303 Park Avenue, Suite A1  
Burley, ID 83318  
Tel: (208) 878-5238  
Fax: (208) 878-5267

#### **Treasure Valley**

2676 Vista Avenue  
Boise, ID 83705  
Toll-free: 1-800-632-5934  
Tel: (208) 343-4609  
Fax: (208) 343-9922

#### **Northern Area**

1602 East Sherman Ave., Suite 104  
Coeur d'Alene, ID 83814  
Tel: (208) 667-9749  
Fax: (208) 756-5733

### Washington

#### **Everett Office**

728 134th Street S.W., Suite 101  
Everett, WA 98204  
Toll-free: 1-800-729-5588  
Tel: (425) 741-8949  
Fax: (425) 741-9638

#### **Kennewick Office**

7325 W Deschutes Ave., Suite A  
Kennewick, WA 99336  
Toll-free: 1-877-861-6687  
Tel: (509) 783-5108  
Fax: (509) 737-9702

#### **Spokane Office**

1403 West Third  
Spokane, WA 99204  
Toll-free: 1-800-290-6056  
Tel: (509) 835-5406  
Fax: (509) 455-3990

#### **Tacoma Office**

1551 Broadway, Suite 200  
Tacoma, WA 98402  
Toll-free: 1-800-729-3880  
Tel: (253) 272-5767  
Fax: (253) 272-4485

# American Lung Association

## General Information

The mission of the American Lung Association of **Oregon** is to prevent lung disease and promote lung health. We are the oldest, nationwide, non-profit, voluntary public health organization in Oregon. We are the only community health agency dedicated solely to fighting lung disease and promoting lung health in Oregon. Our programs focus on the areas of asthma, clean air, tobacco prevention, and lung disease.

The American Lung Association of **Oregon** is governed by 17-member an elected, volunteer Board of Directors of Oregonians, who meets quarterly and function in between meetings through various committees. The Board hires and oversees a paid, professional president and chief executive officer, who are responsible for hiring and supervising the association's professional staff. Staff relies on the volunteer assistance of hundreds of Oregonians statewide in carrying out the Association's mission.

The mission of the American Lung Association of **Idaho**/Nevada offers a wide array of lung health related programs. Call our offices for details on programs in your area and information on all you can do to help fight lung disease. Many opportunities are available to help **Idaho**/Nevada breathe a little easier. Volunteer to help keep children from smoking and to help the over 45,000 children who suffer from asthma learn more about their disease. Pick a specific program or volunteer for more than one. No medical background is needed. We will provide training for all programs and special events.

The American Lung Association's Advocacy efforts have fueled the fight against Big Tobacco and the struggle to maintain healthy air quality standards. Without the support of an informed and concerned public, these efforts would be lost. Your action is our greatest asset when it comes to our legislative efforts. Contact your local lung association and find out how you can become an integral part of our advocacy efforts. Call today to find out how you can actively support our mission to end lung disease and promote lung health.

The mission of the American Lung Association of **Washington** is to assure lung health for the people of Washington state through research, education, community service and advocacy. The American Lung Association of Washington was founded in 1906 as part of the first

nationwide corps of volunteers organized to combat a single disease: tuberculosis. Today we're working to make the world a better place to breathe. Our four offices around the state focus on reducing tobacco use, especially among young people; preventing and controlling air pollution; and providing education and funding research to make life more comfortable for people with asthma or other lung disease.

American Lung Association of **Washington** is governed by an elected Board of Directors, who meet quarterly and function between meetings through various committees. The Executive Director hires and supervises the association's professional staff. Staff relies on the volunteer assistance of Washingtonians statewide in carrying out our mission.

**Resources Available**

In **Oregon**, activities include programs for asthma, clean air, lung disease (chest disease conference, educational materials and resource center), tobacco prevention (Fresh Air for Little Noses and Tobacco Prevention Program of Washington County), smoking cessation (Freedom from Smoking and Not on Tobacco); advocacy and education (Better Breather Clubs, Health Advocacy, Public Awareness Campaigns, and research).

In **Idaho/Nevado**, activities include programs for asthma, tobacco control, and environmental health. You can participate as a volunteer, attend one of our special events, join one of our programs, and support our work through the Blow the Whistle on Asthma, Christmas Seal Campaign, Vehicle Donation Program, and the Golf Privilege Card.

In **Washington**, activities include programs for asthma (sending asthmatic children to summer camps around the state and an outreach program in Pierce county for households with asthmatic children, clean air Master Home Environment outreach program to educate families about indoor air quality), lung disease (educational materials and resource center), tobacco prevention (Teens Against tobacco Use), smoking cessation (Freedom From Smoking and Not On Tobacco), and advocacy education (Better Breathers Clubs; Breathe Easy Network, a health advocacy email service; LegNet, a legislative advocacy email service, Public Awareness Campaigns, and research.

**How to Obtain Resources**

Call 1-800-LUNG-USA to reach the Lung Association in your area.

Visit <http://www.lungoregon.org> for more information.

**Contact Information**

See the chart on the following pages to obtain the telephone number for your local branch office.

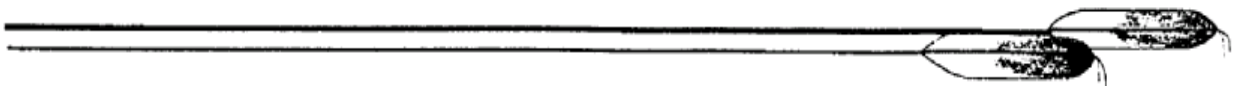


## Chart of Regional Offices – American Lung Association

**Directions:** In the left-hand column of the chart, find the name of your tribe. Locate the “X” that is in the same row as the name of your tribe. At the top of that same column with the “X” is the name of the branch office, which serves your tribe. See following page for the contact information for that branch office of the **American Lung Association**.

Tribes	Boise	Reno	Seattle	Spokane	Tacoma	Tigard	Yakima
<b>For Oregon Tribes</b>							
Burns Paiute	X					X	
Confederated Tribes of Siletz Indians						X	
Confederated Tribes of Grand Ronde						X	
Confederated Tribes of the Umatilla Indian Reservation	X					X	
Confederated Tribes of Warm Springs						X	X
Confederated Tribes of Coos, Lower Umpqua, Suislaw						X	
Coquille						X	
Cow Creek						X	
Klamath Tribes	X					X	
<b>For Idaho Tribes</b>							
Coeur d’Alene	X			X			
Kootenai	X			X			
Nez Perce	X						
Northwest Band of Shoshoni	X						
Shoshone Bannock Tribes	X						

Tribes	Boise	Reno	Seattle	Spokane	Tacoma	Tigard	Yakima
<b>For Washington Tribes</b>							
Chehalis Confederated Tribes					X		
Confederated Tribes of Colville				X			
Hoh			X				
Jamestown S'Klallam			X				
Kalispel				X			
Lower Elwha			X				
Lummi			X				
Makah			X				
Muckleshoot					X		
Nisqually					X		
Nooksack			X				
Port Gamble			X				
Puyallup			X				
Quileute			X				
Quinault Indian Nation			X				
Samish			X				
Sauk Suiattle			X	X			
Shoalwater			X				
Skokomish			X				
Spokane				X			
Squaxin Island			X				
Stillaguamish			X				
Suquamish			X				
Swinomish			X				
Tulalip Tribes			X				
Upper Skagit			X				
Yakama Indian Nation							X





## Addresses for Regional Offices – American Lung Association

### Oregon Regional Office

#### **Portland**

7420 SW Bridgeport Road, Suite 200  
Tigard, OR 97224  
Tel: (503) 924-4094  
Toll Free: (800) 586-4872  
Fax: (503) 924-4120

### Idaho Regional Offices

#### **Boise**

1111 S. Orchard, Suite 245  
Boise, ID 83705  
Tel: (208) 345-5864  
Toll Free: (800) 586-4872  
Fax: (208) 345-5896

#### **Idaho/Nevada State**

1091 Haskell Street  
Reno, NV 89509  
Tel: (775) 829-5864  
Toll Free: (800) 586-4872  
Fax: (775) 829-5850

### Washington Regional Offices

#### **Main Office, Seattle**

2625 Third Avenue  
Seattle, WA 98121  
Tel: (206) 441-5100  
Toll Free: (800) 732-9339  
Fax: (206) 441-3277  
alaw@alaw.org

#### **Spokane Branch Office**

124 East Augusta, Suite 200  
Spokane, WA 99207  
Tel: (509) 325-6516  
Toll Free: (800) 586-4872  
Fax: (509) 323-5380  
cthompson@alaw.org

#### **Western Washington Region**

223 Tacoma Avenue South  
Tacoma, WA 98402  
Tel: (253) 272-8777  
Fax: (253) 593-8827  
lnoren@alaw.org

#### **Eastern Washington Region**

110 South 9<sup>th</sup> Avenue  
Yakima, WA 98902  
Tel: (509) 248-4384  
Fax: (509) 248-4943  
lbenoit@alaw.org

# Cancer Information Service of the Pacific Region

## General Information

The Cancer Information Service (CIS), a national information and education network, is a free public service of the National Cancer Institute (NCI), the Nation's primary agency for cancer research. Since 1976, CIS has been the foremost source for the latest, most accurate cancer information for patients, their families, the general public, and health professionals.

## Resources Available

CIS operates a toll-free telephone service that provides the most recent scientific information to callers in understandable language and shares resources on cancer programs and services in communities nationwide.

Through its Partnership Program, the Cancer Information Service collaborates with established organizations in developing cancer programs to reach minority and medically underserved audiences and people with limited access to health care information or service.

The Cancer Information Service also plays a valuable role in bringing people into the research process by promoting participation in research studies and testing ways to help people adopt healthier behavior and make informed decisions.

## How to Obtain Resources

To speak with a CIS information specialist:

- Call 1-800-4-CANCER (1-800-422-6237) 9 AM – 4:30 PM local time, Monday through Friday.
- Deaf or hard of hearing callers with TTY equipment may call 1-800-332-8615.
- To obtain smoking cessation assistance, call NCI's smoking quit line 1-877-440-QUIT 9 AM to 4:30 local time.
- To obtain online assistance in English, visit the National Cancer Institute website at <http://www.cancer.gov> and click on the LiveHelp link between 9 AM and 10 PM Eastern Standard Time, Monday through Friday.

## Contact Information

Nancy Zbaren, MEd, Project Director  
Cancer Information Service of the Pacific Region  
PO Box 19024 - 1100 Fairview Ave. No., J2-400  
Seattle, WA 98109  
Tel: (206) 667-4675 or Toll Free: (800) 4 – Cancer  
Fax: (206) 667-7792  
Website: <http://www.fhcrc.org/cancer/info/cisp>



# Spirit of EAGLES – American Indian/Alaskan Native Leadership Initiative on Cancer

## Cancer 101: A Cancer Education & Training Program for American Indians & Alaska Natives

According to the Fall 2002 newsletter published by Spirit of EAGLES, Pacific Region, “The Spirit of EAGLES-American Indian/Alaska Native Leadership Initiative on Cancer is one of 18 initiatives funded by the National Cancer Institute (NCI) in 2000 to design and implement cancer control programs in minority and underserved communities. Dr. Judith Salmon Kaur, [MD], of the Mayo Cancer Center is the Principal Investigator of the Spirit of EAGLES. Nancy Zbaren, MEd, Project for the Cancer Information Service-Pacific Region, is the co-principal investigator for the Pacific Region Spirit of EAGLES, and Teresa Guthrie, RN, MN, serves as the Pacific Region Project coordinator. National partners include the Network for Cancer Control Research among American Indian/Alaska Native Populations, the Native Researchers’ Cancer Control Training Program, the Cancer Information Service, and Native C.I.R.C.L.E. (Native American Alaska Native Cancer Information Resource Center & Learning Exchange).”

### **General Information**

Teresa Guthrie, RN, MN, wrote the Cancer 101 curriculum – developed in consultation with Northwest tribes and the Northwest Tribal Cancer Control Project. This curriculum includes the following modules: cancer among American Indians and Alaska Natives, what is cancer, cancer screening and early detection, cancer diagnosis and staging, cancer risk and risk reduction, basics of cancer treatment, support for patients and caregivers. It also includes evaluation forms, training tips, a glossary, and list of resources.

### **Resources Available**

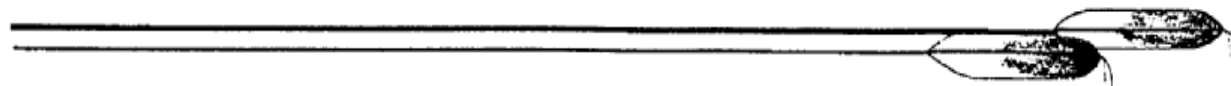
The Northwest Tribal Cancer Control Project is publishing the curriculum, which will include paper copies of the modules including handouts for PowerPoint presentations. The document will also be available on compact disc (CD) and floppy diskettes. Transparencies of the PowerPoint presentation will also be included in versions sent to the tribes. After the initial printing by the Northwest Tribal Cancer Control Project, the document will become available through the Cancer Information Service of the Pacific Region.

### **How to Obtain Resources**

Call or write Teresa Guthrie, RN, MN, of the Cancer Information Service of the Pacific Region.

### **Contact Information**

Teresa Guthrie, RN, MN, Project Coordinator  
Spirit of EAGLES - AI/AN Leadership Initiative on Cancer  
Cancer Information Service of the Pacific Region  
1100 Fairview Ave. No., MP-1700  
P.O. Box 19024  
Seattle, WA 98109-1024  
Tel: (206) 667-7593  
Fax: (206) 667-7792



# Native C.I.R.C.L.E. (Cancer Information Resource Center & Learning Exchange)

<b>General Information</b>	<p>The Native C.I.R.C.L.E. is a resource center providing cancer-related materials to healthcare professionals and lay people involved in the education, care and treatment of American Indians and Alaska Natives.</p> <p>The American Indian/Alaska Native Cancer Information Resource Center and Learning Exchange (Native C.I.R.C.L.E.) exists to stimulate, develop, maintain and disseminate culturally appropriate cancer information materials for American Indian/Alaska Native educators, healthcare leaders and students.</p>
<b>Resources Available</b>	<p>The Native C.I.R.C.L.E. does not produce their own materials. The materials listed in their resource catalog have been gathered from outside agencies, hospitals, clinics, etc., from within the United States and Canada. All materials are free of charge and there are no shipping and handling charges. There is a limit of 15 items with 50 copies per item (items include videos which have a limit of two copies per video).</p>
<b>How to Obtain Resources</b>	<p>Call toll-free 1-800-372-1617 for the <i>Resource Catalog</i> and/or use the order form included in the back pocket of this resource guide.</p>
<b>Contact Information</b>	<p>Judith Salmon Kaur (Choctaw), MD, Director, Native American Programs Lisa Baethke, Resource Coordinator, Native C.I.R.C.L.E. Charlton 6 200 First Street SW Rochester, MN 55905 Fax (507) 538-0504</p>

\* Source: <http://www.mayo.edu/nativecircle/> and *Native C.I.R.C.L.E. Resource Guide*

# Susan G. Komen Breast Cancer Foundation

## General Information

The mission is to eradicate breast cancer as a life-threatening disease by advancing research, education, screening, and treatment. This organization is about people -- those who are committed to making a difference and dedicated to fighting breast cancer head-on by doing all that they can to eradicate this disease.

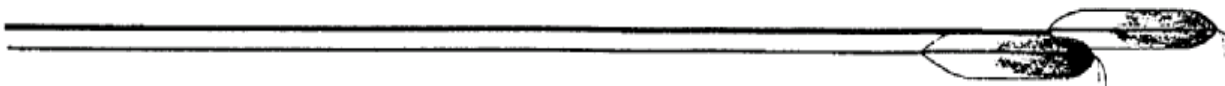
The Susan G. Komen Breast Cancer Foundation was founded on a promise made between two sisters – Susan Goodman Komen and Nancy Goodman Brinker. Suzy was diagnosed with breast cancer in 1978, a time when little was known about the disease and it was rarely discussed in public. Before she died at the age of 36, Suzy asked her sister to do everything possible to bring an end to breast cancer. Nancy kept her promise by establishing the Susan G. Komen Breast Cancer foundation in 1982. More than 20 years later, the Komen foundation is a global leader in the fight against breast cancer and is the world’s largest private funder of breast cancer research and community outreach programs.

The Foundation has more than seventy-five thousand dedicated volunteers working through a network of more than one hundred affiliates, making it the most progressive grassroots organization in breast cancer today. Through programs like the Komen Race for the Cure® Series and other fundraising and awareness events, Komen Affiliates raise tens of millions of dollars each year to help fight breast cancer. Up to 75 percent of an Affiliate’s net income stays in the local community to fund breast cancer screening programs and educational outreach and treatment projects for underserved women and those without access to these services. Remaining net income (a minimum of 25 percent) supports the Komen foundation Award and Research Grant Program, which funds groundbreaking breast cancer research, meritorious awards and educational scientific programs around the world.

In order to ensure their funds are making the greatest impact, Komen Affiliates work with local medical experts and community leaders to conduct comprehensive community needs assessments. These community profiles are then used to establish local grant application and review processes consistent with the foundation’s high standards and mission. Last year, Komen Affiliates granted more than thirty million dollars to support community-based education, screening and treatment programs.

## Resources Available

The Helpline (800.I'M.AWARE®) is available to help empower women and their families by providing them with the knowledge they need to make informed decisions about breast health or breast cancer concerns.  
1-800-462-9273, 9 am - 4:30 pm Central Standard Time  
Monday - Friday (TDD available)



[www.komen.org](http://www.komen.org) - The website for the Susan G. Komen Breast Cancer Foundation provides access to an array of health information about breast health resources, breast self-exams, breast cancer and more. Information about the organization and its signature event, the Komen Race for the Cure<sup>®</sup>, is also available.

[www.policy.komen.org](http://www.policy.komen.org) - The goal of the Komen Champions for the Cure<sup>™</sup> is to educate Congress, the President and other policymakers about breast cancer. The site provides information about current policy issues and information on how you can contact your local representatives about these important topics. You can also sign up to be an eChampion for the Cure<sup>™</sup> and receive regular e-mail updates about important policy topics related to breast health and breast cancer.

**How to Obtain Resources** Call or write the affiliates as noted on the facing page.

**Contact Information** **National Office**  
Susan G. Komen Breast Cancer Foundation  
5005 LBJ Freeway, Suite 250  
Dallas, TX 75244  
Tel: (972) 855-1600  
Fax: (972) 855-1605

### Addresses for Affiliates for the Komen Foundation

#### Idaho

<b>Boise Affiliate</b> 4355 Emerald, Suite 210 Boise, ID 83706 Tel: (208) 384-0013 Fax: (208) 384-0014 <a href="http://www.boiseraceforthecure.org">www.boiseraceforthecure.org</a>	<b>Coeur d'Alene Affiliate</b> 700 Ironwood Lane Coeur d'Alene, ID 83816 Tel: (208) 666-3800 Fax: (208) 666-3833
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#### Oregon & Washington

**Oregon & Southwest Washington Affiliate**  
1411 SW Morrison, Suite 290  
Portland, OR 97205  
Tel: (503) 552-9160  
Fax: (503) 552-9161  
[www.Komenoregon.org](http://www.Komenoregon.org)

#### Washington

**Eastern Washington Affiliate**  
501 N. Riverpoint, Suite 302  
P. O. Box 8717  
Spokane, WA 99203  
Tel: (509) 363-7388  
Fax: (509) 363-7389  
[SusanGKomen@spokanemail.com](mailto:SusanGKomen@spokanemail.com)

**Puget Sound Affiliate**  
1900 N Northlake Way, Suite 237  
Seattle, WA 98103  
Tel: (206) 633-0303  
Fax: (206) 633-0304  
[www.Komenseattle.org](http://www.Komenseattle.org)

## Chart of Affiliates – Komen

**How to use this chart:** The following are Komen affiliates. Locate the X, which marks your tribal community, and see the corresponding affiliate noted above the X.

Tribes	Affiliate				
	Boise	Coeur d'Alene	Oregon & Southwest Washington	Puget Sound	Spokane
<b>For Oregon Tribes</b>					
Burns Paiute	X		X		
Confederated Tribes of Siletz Indians			X		
Confederated Tribes of Grand Ronde			X		
Confederated Tribes of the Umatilla Indian Reservation	X		X		
Confederated Tribes of Warm Springs			X		
Confederated Tribes of Coos, Lower Umpqua, Siuslaw			X		
Coquille			X		
Cow Creek			X		
Klamath Tribes			X		
<b>For Idaho Tribes</b>					
Coeur d'Alene		X			
Kootenai		X			
Nez Perce		X			
Northwestern Band of Shoshone	X				
Shoshone Bannock Tribes	X				
<b>For Western Washington Tribes</b>				X	
<b>For Eastern Washington Tribes</b>					X





# State Cancer Registries

**General Information** According to the Centers for Disease Control and Prevention (CDC), State cancer registries are designed to do the following:

- Monitor cancer trends over time.
- Determine cancer patterns in various populations.
- Guide planning and evaluation of cancer control programs (e.g., determine whether prevention, screening, and treatment efforts are making a difference).
- Help set priorities for allocating health resources and more....

**Resources Available** CDC has administered the National Program of Cancer Registries (NPCR) since 1994. This program is currently helping states and U.S. territories to:

- Improve their cancer registries.
- Meet standards for data completeness, timeliness, and quality.
- Use cancer data to support cancer prevention and control programs.
- Train registry personnel and more.

**How to Obtain Resources** Call or write your state's cancer registry.

**Contact Information** For more information, please contact:  
Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion  
Division of Cancer Prevention and Control, Mail Stop K-64  
4770 Buford Highway, NE  
Atlanta, GA 30341-3717  
Voice Information System 1 (888) 842-6355  
Tel: (770) 488-4751  
Fax: (770) 488-4760  
[cancerinfo@cdc.gov](mailto:cancerinfo@cdc.gov) and <http://www.cdc.gov/cancer>

**State Cancer Registries** See below for contact information for each of the three state registries, which have all demonstrated their commitment to providing data for tribes.

Cancer Data Registry of Idaho  
P. O. Box 1278  
Boise, ID 83701-1278  
Tel: (208) 338-5100  
Fax: (208) 338-7800  
<http://www.idcancer.org>

Oregon State Cancer Registry  
800 N.E. Oregon - Suite 730  
Portland, OR 97232  
Tel: (503) 731-4858  
Fax: (503) 731-4848  
<http://www.ohd.hr.state.or.us/>

Washington State Cancer Registry  
Airdustrial Park, Bldg. 10  
PO Box 47835  
Olympia, WA 98504-7835  
Tel: (360) 236-3676  
Toll free: 1-888-302-2227  
<http://www3.doh.wa.gov/WSCR/>





# Tab 3: Breast & Cervical Cancer Early Detection Program





# National Breast and Cervical Cancer Early Detection Program

**General  
Information**

The National Breast and Cervical Cancer Early Detection Program (NBCCEDP) builds the infrastructure for breast and cervical cancer early detection by supporting public and provider education, quality assurance, surveillance, and evaluation activities critical to achieving maximum utilization of the screening, diagnostic and case management services.

**Resources  
Available**

Get a free or low-cost mammogram and Pap test for those who qualify.

**How to Obtain  
Resources**

Call the number listed below or see the following pages for program contacts in Idaho, Oregon, and Washington.

**Contact  
Information**

See listing which follows.

Source: <http://www.cdc.gov/cancer/nbccedp/>

## **BCC Programs Administered by Indian Health Organizations**

The Centers for Disease Control and Prevention also funds breast and cervical cancer programs for American Indians and Alaska Natives (AI/AN). Two are administered by the Native American Rehabilitation Association – Northwest in Portland and the South Puget Intertribal Planning Agency.

### **Native American Rehabilitation Association, Northwest (NARA)**

<b>General Information</b>	The NARA Breast and Cervical Cancer Program provides AI/AN woman the opportunity to receive screening, referral and follow-up care in a culturally comfortable environment.
<b>Resources Available</b>	The program offers annual women's wellness exams, breast and cervical health education. Our care includes follow-up, referral, transportation services, and a female health provider. These screening services are provided at low or no cost, depending on if you are uninsured or underinsured.
<b>How to Obtain Resources</b>	Call or write program staff as noted below.
<b>Contact Information</b>	Breast & Cervical Program 15 North Morris Portland, OR 97214 Tel: (503) 230-1989 Fax: (503) 230-9877 <a href="http://www.ihs.gov/FacilitiesServices/AreaOffices/Portland/portland-hs-nara.asp">www.ihs.gov/FacilitiesServices/AreaOffices/Portland/portland-hs-nara.asp</a>

### **South Puget Intertribal Planning Agency (SPIPA)**

<b>General Information</b>	SPIPA is a consortium of five small tribes in western Washington, including the Chehalis, Nisqually, Shoalwater Bay, Skokomish, and Squaxin Island Tribes.
<b>Resources Available</b>	SPIPA's Native Women's Wellness Program works to reduce breast and cervical cancer mortality through culturally appropriate outreach, education, screening, and diagnostic services. The program provides no-cost mammograms, clinical breast examinations, pelvic exams, and Pap tests to low-income Native American women, and educational activities.
<b>How to Obtain Resources</b>	Call or write program staff as noted below.
<b>Contact Information</b>	Native Women's Wellness Program 2970 SE Old Olympic Highway Shelton, WA 98584 Tel: (360) 426-3990 Fax: (360) 427-8003 <a href="http://www.spipa.org/">http://www.spipa.org/</a>

# Idaho Breast and Cervical Cancer Alliance



## General Information

*Women's Health Check* is a federally funded program that offers free breast and cervical cancer screening to women who qualify. *Women's Health Check* exams are available from more than 250 qualified Idaho providers including district health departments, clinics, tribal health facilities, gynecologists, and family practice doctors. *Women's Health Check* is for women who (1) do not have health insurance that covers mammograms or Pap tests (women enrolled in Medicaid and tribal health programs are eligible for *Women's Health Check*) and (2) qualify according to age and income guidelines.

## Resources Available

*Women's Health Check* covers an annual mammogram, a Pap test and a pelvic exam diagnostic tests, if needed, are limited to the following:

- Repeat CBE, mammogram and/or Pap test and pelvic examination
- Fine needle aspiration (FNA)
- Ultrasound
- Core needle biopsy
- Stereotactic breast biopsy
- Incisional and excisional biopsies
- Anesthesia associated with biopsy
- Colposcopy (with or without biopsy)
- Specialist Consultation
- HPV testing

Most women, who are found to have breast or cervical cancer *through Women's Health Check*, will be enrolled for cancer treatment through Medicaid. Women diagnosed with breast and/or cervical cancer through a means other than *Women's Health Check* are not eligible for treatment through Medicaid.

In addition to screening, *Women's Health Check* partners to provide breast and cervical cancer education and outreach opportunities, and clinical breast exam training for health care professionals. Recent tribal community collaborations include one to one screening recruitment projects, and development of tribal specific public education materials and a healthy woman's calendar.

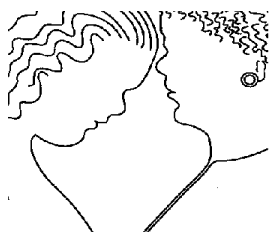
## How to Obtain Resources

Dial 2-1-1 Idaho CareLine or 1-800-926-2588 to refer a client to a participating facility. Contact *Women's Health Check* Central Office 208-334-5805 for questions, material requests, or to find out about partnership opportunities including how to become a *Women's Health Check* provider.

## Contact Information

**Idaho's Women's Health Check**  
Idaho Department of Health and Welfare  
450 W State Street, Sixth Floor  
Boise, ID 83720  
Tel: (208) 334-5505  
Fax: (208) 334-6573

# Oregon Breast and Cervical Cancer Program



Since 1992, CDC has funded the Department of Health Services (DHS) to implement the Oregon Breast and Cervical Cancer Program. DHS also works with the Oregon & SW Washington Affiliate of the Susan G. Komen Breast Cancer Foundation. The screening funds are to promote early detection of breast and cervical cancer among Oregon's medically underserved individuals. Approximately 6,000 individuals annually receive services. The Komen Breast Screening Program provides screening and diagnostic services to eligible women ages 40 - 49 and 65+, and men.

## General Information

## Resources Available

DHS Health Services funds county health departments, federally recognized tribes, and community-based organizations to conduct education and recruitment activities & provide **Women's Health Check** services which can include the following: blood pressure check, height and weight check, clinical breast exam by health provider, time to learn about breast self-exam, a mammogram, a pelvic exam, a Pap test, and time to talk about health concerns. **Follow-up services can include:** some diagnostic services such as ultrasound, breast biopsy, surgical consultation, colposcopy, and cancer treatment for some women qualified through Medicaid or referral to treatment services.

To be eligible, a woman must be:

- ⌘ Age 40 – 64; 65+ not eligible for Medicare Part B
- ⌘ Uninsured or underinsured
- ⌘ Have an income below 250% of the federal poverty level

## How to Obtain Resources

To find out about education and screening activities near you, or to learn about becoming involved, contact the local BCC Program near you. That is either through the local Indian health program or local health department.

### Federally Recognized Tribes

Burns Paiute Tribe	(541) 573-7312
Confed. Tribes of Coos, Lower Umpqua, Siuslaw	(541) 888-9577
Coquille Indian Tribe	(800) 344-8583
Cow Creek Band of Umpqua Tribe of Indians	(800) 935-2649
Klamath Tribal Health & Family Services	(541) 882-1487
Confederated Tribes of the Siletz Indians	(541) 444-1030
Confederated Tribes of Warm Springs	(541) 553-3225
NARA Indian Health Clinic (Portland)	(503) 230-9875

## Contact Information

See local telephone listings for county health department or call the local tribe.

# Washington Breast & Cervical Health Program



## General Information

The Washington Breast and Cervical Health Program (WBCHP) in Washington state is designed to provide uninsured and underinsured women aged 40 to 64 with breast and cervical cancer screenings. Women ages 40-64 whose household income is at or below 200 percent of the Federal Poverty Level (FPL) Guidelines are eligible for free breast and cervical cancer screening and diagnostic services. Age- and income-eligible women having insurance that covers the procedures either in part, or having not met their deductibles may get their screening and diagnostic services through this program.

Medicaid and Medicare Part B covers the same screening and diagnostic services as WBCHP. Women with Medicaid as their primary health coverage are not eligible for WBCHP. A woman's Medicaid coverage for her dependents has no bearing on her WBCHP eligibility. Women without Medicare Part B may be eligible for the program.

## Resources Available

WBCHP pays for annual screenings. This includes a breast examination and a mammogram, and a pelvic exam and Pap test, as indicated.

## How to Obtain Resources

Mammography Referral Process: Women enrolled in the WBCHP must receive mammography service by mammography facilities that have WBCHP vendor agreements in their communities.

To make a referral, the clinic will call the participating mammography facility. It is recommended that the clinic ask the facility to make note in the appointment book that the appointment is for a WBCHP client. The clinic will complete the appropriate sections of the "Radiology-Breast Evaluation Reporting and Reimbursement Form" according to the clinic instructions, attach its usual referral form, and give it to the client to take to the mammography facility. The "Radiology-Breast Evaluation Reporting and Reimbursement Form" will serve as her referral to receive the mammogram.

## Contact Information

Washington Breast and Cervical Health Program  
Washington State Department of Health  
NewMarket Industrial Campus, Bldg. 13, P. O. Box 47859  
Olympia, WA 98504-7859  
<http://www.doh.wa.gov/wbchp/>

**Chart – State of Idaho’s Health District Offices for BCC Screening Programs**

<b>For Idaho Tribes</b>	<b>Panhandle</b>	<b>North Central</b>	<b>Southwest</b>	<b>Central</b>	<b>South Central</b>	<b>Southeastern</b>	<b>Health District Seven</b>
Coeur d’Alene	X	X					
Kootenai	X	X					
Nez Perce		X					
Northwest Band of Shoshone Nation						X	
Shoshone Bannock Tribes						X	

BCC screening is available directly through NiMiiPuu Health in Lapwai and Shoshone Bannock Tribal Health at Fort Hall.



## Address of Idaho's District Health Offices for BCC Programs

### **Health District 1 Panhandle Health District**

Director: Jeanne Bock  
2195 Ironwood Court  
Coeur d'Alene, ID 83814  
Tel: (208) 667-3481  
Fax: (208) 664-8736

<http://www2.state.id.us/phd1/>

### **Health District 2 North Central Health District**

Director: Carol M. Moehrle  
215 10th Street  
Lewiston, ID 83501  
Tel: (208) 799-3100  
Fax: (208) 799-0349

<http://www2.state.id.us/phd2/>

### **Health District 3 Southwest District Health Department**

Director: Eugene Gunderson  
920 Main Street  
Caldwell, ID 83605  
Tel: (208) 455-5300  
Fax: (208) 454-7722

### **Health District 4 Central District Health Department**

Director: Kathy A. Holley  
707 North Armstrong Place  
Boise, ID 83704-0825  
Tel: (208) 375-5211  
Fax: (208) 327-8500

<http://www.phd4.state.id.us/>

### **Health District 5 South Central District Health Department**

Director: Cheryl S. Juntunen  
1020 Washington Street North  
Twin Falls, ID 83301-3156  
Tel: (208) 734-5900  
Fax: (208) 734-9502

<http://www2.state.id.us/phd5/>

### **Health District 6 Southeastern District Health Department**

Director: Ed Marugg  
1901 Alvin Ricken Drive  
Pocatello, ID 83201  
Tel: (208) 233-9080  
Fax: (208) 234-7169

<http://www2.state.id.us/phd6/>

### **Health District 7 Eastern Health Department**

Director: Richard O. Horne  
254 "E" Street  
Idaho Falls, ID 83402-3597  
Tel: (208) 522-0310  
Fax: (208) 525-7063

<http://www2.state.id.us/phd7/>

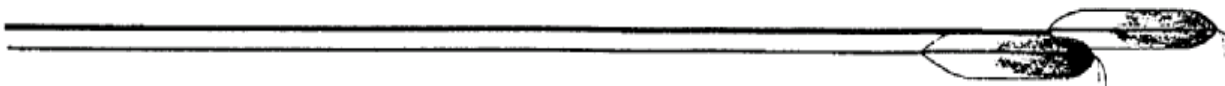
**Chart – Oregon’s Local Health Department for BCC Programs**

For Oregon Tribes	Burns Paiute	Coos, Lower Umpqua, Siuslaw	Coquille	Cow Creek	Grand Ronde	Klamath	Siletz	Umatilla	Warm Springs
Baker									
Benton							X		
Clackamas							X		X
Clatsop									
Columbia									
Coos		X	X	X					
Crook		X							
Curry			X						
Deschutes				X					
Douglas		X	X	X					
Gilliam									
Grant									
Harney	X								
Hood River									
Jackson			X	X					
Jefferson									X
Josephine				X					
Klamath				X		X			
Lake									
Lane		X	X	X			X		
Lincoln		X					X		
Linn							X		
Malheur									
Marion					X		X		
Marrow									
Multnomah					X		X		
Polk					X		X		
Sherman									
Tillamook					X		X		
Umatilla								X	
Union								X	
Wallowa									
Wasco									X
Washington					X		X		
Wheeler									
Yamhill					X				

## Telephone Numbers – Oregon’s Local Health Departments – BCC Programs

**Directions:** To find out about education and screening activities near you, or to learn about becoming involved, contact the local BCC Program near you.

County	Telephone	County	Telephone
Baker	(541) 962-8839	Lane	(541) 682-6682
Benton	(541) 757-6835	Linn	(541) 967-3888
Clackamas	(503) 557-6446	Malheur	(541) 889-7279
Clatsop	(503) 397-4651	Marion	(503) 361-2664
Columbia	(503) 397-4651	Morrow	(541) 676-5421
Coos	(541) 756-2020	Multnomah	(503) 988-4043
Crook	(541) 447-5165	Polk	(503) 623-8175
Curry	(541) 247-3300	Tillamook	(503) 842-3912
Deschutes	(541) 322-7452	Umatilla	(541) 962-8839
Douglas	(866) 550-8818	Union	(541) 962-8823
Grant	(541) 575-0429	Wallowa	(541) 962-8839
Harney	(541) 573-2271	Wasco-Sherman	(541) 296-4636
Hood River	(541) 296-4636	Washington	(503) 846-2814
Jackson	(541) 774-8046	Wheeler	(541) 763-2725
Jefferson	(541) 475-4456	Yamhill	(503) 434-7525
Lake (North)	(541) 576-2176		



**Chart – Washington’s BCC Service Locations**

<b>For Washington Tribes</b>	<b>Mason General Hospital</b>	<b>Public Health Seattle/King County</b>	<b>Southwest Washington Medical Center</b>	<b>Spokane Regional Health District</b>	<b>Tacoma-Pierce County health department</b>	<b>Thurston County health Department</b>	<b>Wenatchee Valley Clinic</b>	<b>Yakima Health District</b>
Confederated Tribes of Chehalis						X		
Confederated Tribes of Colville				X			X	
Hoh		X						
Jamestown S’Klallam		X						
Kalispel				X				
Lower Elwha		X						
Lummi							X	
Makah		X						
Muckleshoot		X			X			
Nisqually					X	X		
Nooksack							X	
Port Gamble		X						
Puyallup		X			X	X		
Quileute		X						
Quinault Indian Nation		X				X		
Samish							X	
Sauk Suiattle							X	
Shoalwater Bay			X					
Skokomish	X							
Spokane				X				
Squaxin Island	X							
Stillaguamish							X	
Suquamish		X						
Swinomish							X	
Tulalip Tribes							X	
Upper Skagit							X	
Yakama Indian Nation			X			X		X

## Addresses – Washington’s BCC Service Locations

**Mason General Hospital**  
901 Mt. View Drive Building 1  
Shelton, WA 98584  
Tel: (360) 427-9590

**Southwest Washington Medical Center**  
600 NE 92<sup>nd</sup> Avenue  
Vancouver, WA 98661  
Toll-free: (800) 992-1817

**Tacoma-Pierce County**  
Breast and Cervical Health Program of Pierce County  
Tacoma-Pierce County Health Department  
3629 South D. Street  
Tacoma, WA 98418  
Tel: (253) 798-4971

**Wenatchee Valley Clinic**  
830 N. Chelan  
Wenatchee, WA 98801  
Toll-free: (888) 551-3994 (Eastern Washington)  
Toll-free: (800) 865-3647 (Northwest Washington)

**Public Health Seattle-King County**  
400 Yessler Way, 5<sup>th</sup> floor  
Seattle, WA 98104  
Toll-free: (800) 756-5437

**Spokane Regional Health District**  
1101 West College Avenue  
Spokane, WA 99201  
Toll-free: (888) 461-8876

**Thurston County Health  
Department**  
412 Lilly Road NE  
Olympia, WA 98506-5132  
Tel: (360) 709-3081

**Yakima Health District**  
104 North 1<sup>st</sup> Street  
Yakima, WA 98907  
Toll-free: (800) 535-5016



# **Tab 4: Cancer-related Programs of the Northwest Portland Area Indian Health Board**







# Northwest Tribal Cancer Control Project

## General Information

In December 1998, the Northwest Tribal Cancer Control Project began its work to reduce the cancer burden in Northwest tribal communities by taking an integrated and coordinated approach to cancer control through prevention, screening and early detection, diagnosis, treatment, rehabilitation, and palliation. The Northwest Tribal Cancer Coalition, which has been meeting since 1999, directs project activities.

NTCCP's current priorities are:

1. Meet with Tribal cancer control teams to identify potential partners to provide resources to tribes.
2. Contact potential cancer control organizations regarding participation with Tribes.
3. Facilitate the development of Tribe-specific action plans at initial meetings with tribes and in follow-up conference calls.
4. Conduct meetings between Tribal representatives and their current and potential cancer control partners to discuss action plans.
5. Assist tribes in developing evaluation strategies and outcome measures for their action plans.
6. Provide technical assistance to tribes as they implement their action plans.
7. Collect and analyze evaluation data.
8. Prepare final evaluation report.

Resources include staff that provides technical assistance and training. Efforts will be directed toward bringing more resources into tribal communities to reduce the cancer burden and support tribal efforts to create greater health. The 20-year comprehensive cancer control plan is also available for Indian health programs to adapt to their local needs. The Cancer 101 curriculum written by Teresa Guthrie, RN, MN, in collaboration with NTCCP is also available to tribal health care staff.

## How to Obtain Resources

Call or write project staff as noted below.

## Contact Information

Northwest Tribal Cancer Control Project  
Northwest Portland Area Indian Health Board  
527 SW Hall – Suite 300  
Portland, OR 97201  
Phone (503) 228-4185  
Fax: (503) 228-4801  
Website [www.npaihb.org](http://www.npaihb.org)  
Email [ntccp@npaihb.org](mailto:ntccp@npaihb.org)

# Northwest Tribal Epidemiology Center

## General Information

The mission of the EpiCenter is to collaborate with Northwest American Indian Tribes to provide health-related research, surveillance, and training to improve the quality of life of American Indians and Alaskan Natives (AI/ANs).

Until recently, monitoring and surveillance of disease and disease risk factors among AI/AN people has been a function of the Indian Health Service (IHS). In the Portland Area, which includes Washington, Oregon and Idaho, downsizing diminished the capabilities of IHS to adequately perform basic epidemiologic functions such as monitoring the health status of AI/AN communities. In 1997, the Northwest Portland Area Indian Health Board (NPAIHB) received funding for the development of the Northwest Tribal Epidemiology Center (*The EpiCenter*), with the goal to assist member tribes to improve their health status and quality of life. *The EpiCenter's* conducted and administered by NPAIHB, a non-profit tribal advisory board established in 1972 to advocate and provide technical assistance for the 43 Federally recognized tribes of Washington, Oregon, and Idaho.

Representatives from health care programs, IHS, and NPAIHB have selected seven Health Status Objectives related to Infant Mortality, Childhood Immunizations, Children's Dental Health, Women's Health, Tobacco Use Cessation, Diabetes, and Domestic Violence. (See [www.npaihb.org/epi](http://www.npaihb.org/epi) website for list of objectives)

## Resources Available

There are now seven national Centers collecting data relating to and monitoring progress towards meeting their respective health status objectives; evaluating delivery systems and data systems; and assisting tribes to identify high priority needs for health care delivery and health education.

## How to Obtain Resources

Call or write project staff as noted below.

## Contact Information

Northwest Tribal Epidemiology Center (The EpiCenter)  
Northwest Portland Area Indian Health Board  
Joe Finkbonner, R.Ph., MHA, Director  
527 SW Hall, Suite 300  
Portland, OR 97201  
Phone: (503) 228-4185  
Fax: (503) 228-8182  
Website: <http://www.npaihb.org/epi>  
Email: [jfinkbonner@npaihb.org](mailto:jfinkbonner@npaihb.org)

## Addresses of other National Edpidemiology Centers

### Alaska Native Health Board

Carol Ballew, Director  
4201 Tudor Center, Suite 105  
Anchorage, AK 99508  
Phone: (907) 562-6006  
Fax: (907) 563-2001

Website: [www.anhb.org](http://www.anhb.org)

Email: [cballew@anhb.org](mailto:cballew@anhb.org)

### Great Lakes Inter-tribal Council

Nancy E. Miller-Korth, Coordinator  
PO Box 9  
2932 Hwy 47 North  
Lac du Flambeau, WI  
Phone: (715) 588-3324  
Fax: (715) 588-7900

Website: [www.glitc.org](http://www.glitc.org)

Email: [nkorth@glitc.org](mailto:nkorth@glitc.org)

### Inter Tribal Council of Arizona

Zeenat Mahal, Sr. Epidemiologist  
2214 N. Central Ave. #100  
Phoenix, AZ 85257  
Phone: (602) 258-4822  
Fax: (602) 258-4825

Website: [www.itcaonline.com](http://www.itcaonline.com)

Email: [zeenat.mahal@itcaonline.com](mailto:zeenat.mahal@itcaonline.com)

### National Epidemiology Program Indian Health Service

Donald H. Reece  
5300 Homestead Blvd., NE  
Albuquerque, NM 87110  
Phone: (505) 248-4135  
Fax: (505) 248-4393

Website: [www.ihs.gov](http://www.ihs.gov)

Email: [donald.reece@mail.ihs.gov](mailto:donald.reece@mail.ihs.gov)

### Seattle Indian Health Board

Ralph Forquera, Director  
PO Box 3364  
606 12th Ave., S  
Seattle, WA 98144  
Phone: (206) 324-9360  
Fax: (206) 324-8910

Website: [www.sihb.org](http://www.sihb.org)

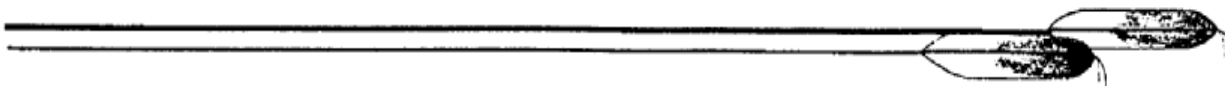
Email: [ralphf@sihb.org](mailto:ralphf@sihb.org)

### United South & Eastern Tribes Inc.

Brenda Shore Fuller, Program Manager  
711 Stewarts Ferry Pike, Suite 100  
Nashville, TN 37214  
Phone: (615) 872-7900  
Fax: (615) 872-7417

Website: [www.usetinc.org](http://www.usetinc.org)

Email: [beshore@usetinc.org](mailto:beshore@usetinc.org)





# Western Tobacco Prevention Project & National Tribal Tobacco Prevention Network

## The Vision of the NPAIHB Tobacco Team

Our goal is to enhance the wellness of American Indian and Alaska Native communities by providing culturally appropriate tobacco education and prevention resources through training, technical support, collaboration and advocacy. All work will be carried out with a commitment to excellence.

## Tobacco Related Cancers

Tobacco use is the single most preventable cause of cancer. Current estimates suggest that the use of commercial tobacco is responsible for nearly one third of all cancer deaths in the US, making it the single largest cause of death from cancer. Eight forms of cancer are largely attributed to smoking, including: mouth, larynx, pharynx, lung, esophagus, pancreas, kidney, pelvis and bladder cancer. The use of cigarettes, cigars, pipes, and smokeless tobacco, as well as exposure to second hand smoke, extensively increases one's risk of developing cancers. In the last decade, more than four million people in this country lost their lives to tobacco-related diseases, including more than 30,000 nonsmokers who died of lung cancer caused by secondhand smoke. Cancer deaths caused by tobacco

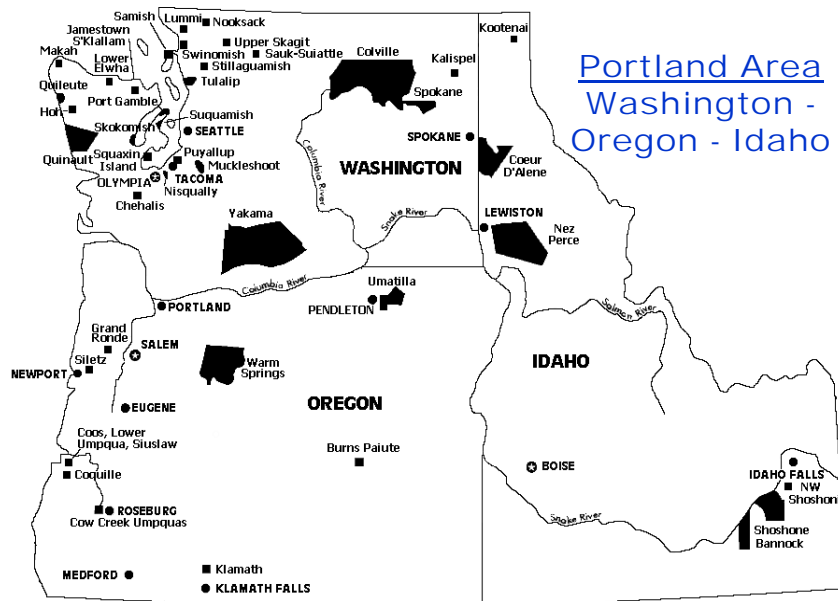
<b>Males:</b>	<b>% Attributed to tobacco</b>
Lung	91%
Mouth/Larynx/Pharynx/Esophagus	75%
Bladder	56%
<b>Females:</b>	<b>% Attributed to tobacco</b>
Lung	77%
Mouth/Larynx/Pharynx/Esophagus	43%
Bladder	29%

## NPAIHB Tobacco Project Goals

- Prevent youth initiation.
- Reduce exposure to secondhand smoke.
- Promote cessation services.
- Counter tobacco company advertising targeting AI/AN people.
- Promote the sacred use of traditional tobacco.

## Area of Service

The Northwest Portland Area Indian Health Board serves the 43 federally recognized member tribes of Oregon, Washington and Idaho. Services requested beyond this region are available through the National Tribal Tobacco Network.



## Resources provided by the Western Tobacco Prevention Project

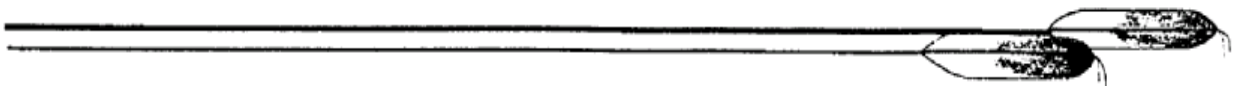
- Monthly newsletters
- Technical assistance tailored to reduce commercial tobacco use
- Assistance in use of print media, video, and web-based information
- Access to information about tobacco and culturally appropriate materials
- Workshops, training, and skill-building sessions
- Assistance in policy development around clean indoor air and youth access

## Resources provided by the National Tribal Tobacco Prevention Network

- Culturally appropriate tobacco control trainings
- Annual National Native Conference on Tobacco Use
- Technical assistance to Tribal Support Centers, villages, tribes, and others
- Tobacco control information and resource links
- Culturally appropriate educational materials
- Development of state and tribal partnerships
- Trainings and technical assistance tailored to tribal needs

## Trainings Available through NPAIHB

The *National Tribal Tobacco Prevention Network* hosts an Annual National Native Conference on Tobacco Use each year. In addition, the *Western Tobacco Prevention Project* hosts at least two regional trainings each year within the Pacific Northwest. For more information, visit our web site at [www.tobaccoprevention.net](http://www.tobaccoprevention.net).







## Women's Health Promotion Program

### General Information

Since its inception in 1995, Women's Health Promotion Program (WHPP) is working to increase the number of American Indian and Alaskan Native women who are screened for breast and cervical cancer. Made up of representatives from Indian health programs in Oregon, the Women's Health Promotion Coalition directs project activities.

WHPP promotes routine women's health checks in a collaborative effort that makes resources available especially for women with inadequate resources for screening. WHPP provides training and technical assistance to the nine federally recognized Oregon Indian tribes as they carry out activities to increase the number of Indian women screened.

Participating tribes are: Burns Paiute Tribe; Confederated Tribes of Coos, Lower Umpqua, Suislaw; Confederated Tribes of Grand Ronde; Confederated Tribes of the Umatilla Indian Reservation; Confederated Tribes of Siletz Indians; Confederated Tribes of the Warm Springs Indian Reservation; Coquille Indian Tribe; Cow Creek Band of Umpqua Indians; and the Klamath Tribes.

### Resources Available

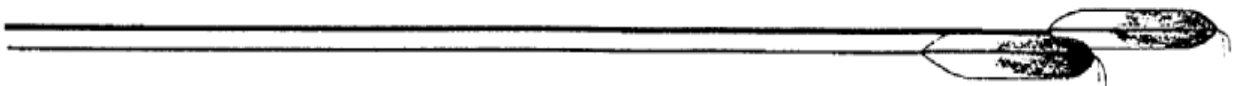
WHPP provides culturally sensitive curricula and presentations, incorporating traditional values and activities in outreach activities. WHPP provides additional technical assistance in response to the needs of Indian health programs.

### How to Obtain Resources

Call or write Lynn DeLorme, program coordinator. (See contact information below.)

### Contact Information

Lynn DeLorme, MPA: MHA  
Coordinator, Women's Health Promotion Program  
Northwest Portland Area Indian Health Board  
527 SW Hall Street, Suite 300  
Portland, OR 97201  
Web: [www.npaihb.org](http://www.npaihb.org)  
Tel: (503) 228-4185 ext 254  
Fax: (503) 228-8182  
Email: [ldelorme@npaihb.org](mailto:ldelorme@npaihb.org)







## Tab 5: Appendices





# Appendix A: Making Resources Available in Indian Communities

By Deb Schiro, Director, Detection and Quality of Life  
Northwest Division, American Cancer Society

Most people have heard of the American Cancer Society (ACS), but beyond a vague notion of “research” and “fundraising” many people don’t know what the American Cancer Society does, and how they go about doing it. It is true that the ACS funds over \$100 million in cancer research every year. And it is true that the ACS does do fundraising to support this and its many other programs.

Almost all of the paid staff for the American Cancer Society is *community organizers* and *volunteer managers*. What does this mean, and how can tribal communities work with ACS for the benefit of their community?

Unlike government agencies that hire individuals to work with one or a few communities, the American Cancer Society hires a few paid staff to work with many different communities. And unlike the agencies, rather than do the actual work that needs to be done in a community, the ACS staff work with the members of the community to organize programs and activities that will benefit the community. Then, the members of the community, in a volunteer capacity, carry out the work.

This staff model has been highly effective all over America. This way of doing things allows the ACS to pay just a few people, but get tremendous amounts of work done to help people fight the menace of cancer in their communities. For example, let’s say a community has cancer patients who must get to and from radiation or chemotherapy treatments daily for several weeks, but some of the patients have no transportation to treatment. The ACS staff person assigned to that community can help organize a volunteer effort, so that volunteer drivers can take turns helping people get to their cancer treatments.

But, you might ask, why does our community need the ACS to help organize volunteer drivers? There are several ways in which the ACS will be helpful to an effort such as this:

- The ACS staff person is an expert in what needs to be done to create a group of volunteer drivers, and can assist in making sure all of the necessary components are in place. Some of these components are: (1) how to get the word out to the community that drivers are needed, (2) how to coordinate a schedule that covers several weeks of driving for the patient, (3) how to get the word out to the patients that might need help, that there are drivers available, (4) how to use the driver’s contact with the patient to introduce the patient to other ACS or community services for cancer patients.
- The ACS can conduct training for the volunteer drivers. You might wonder what the training would consist of, since the drivers already know how to drive! The training consists of additional information people need to know about cancer patients, such as feeling comfortable about talking



with the patient about his or her illness, (if the patient wants to talk,) and answering questions potential volunteer drivers might have about transporting patients.

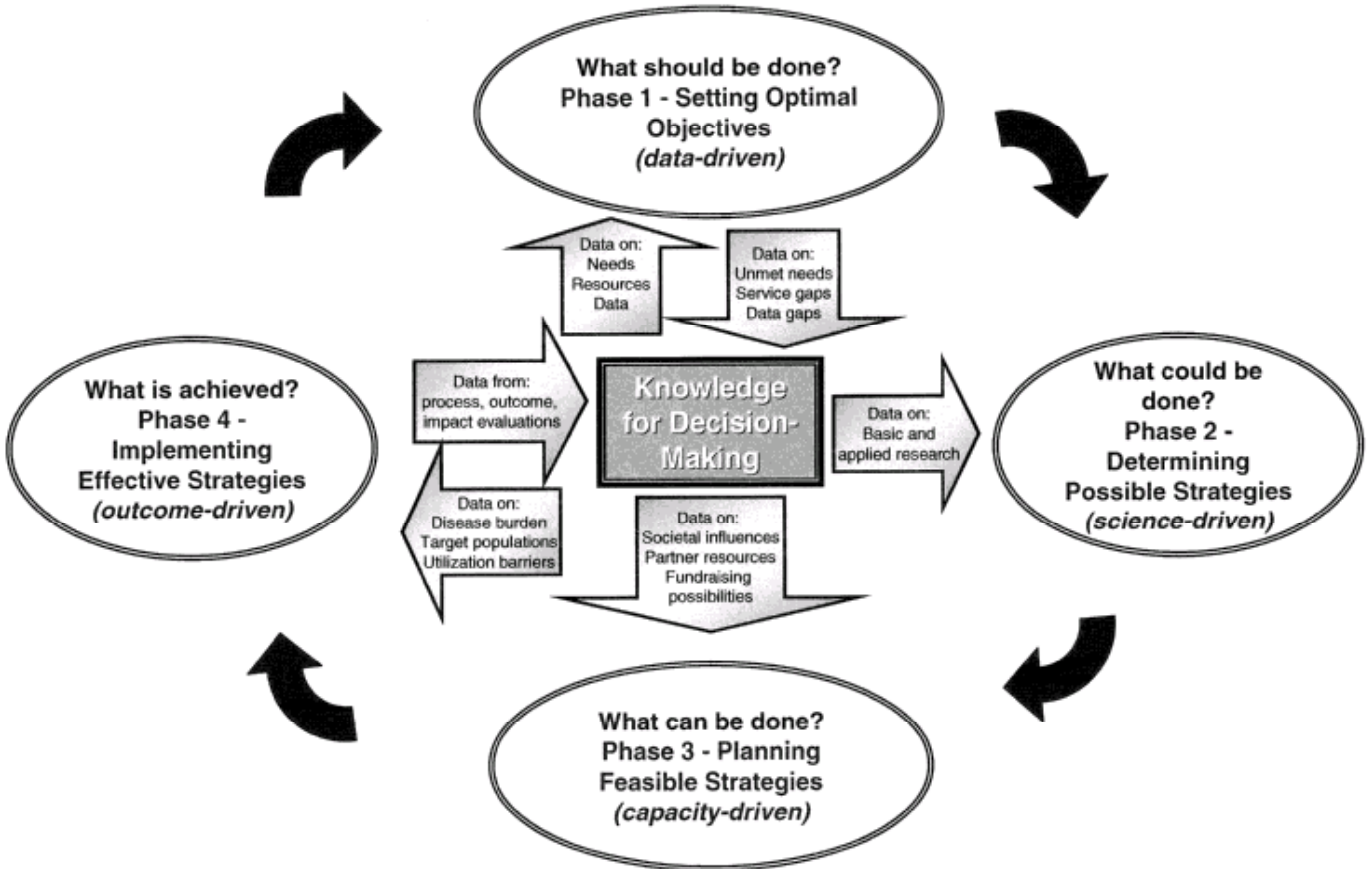
- The ACS carries a \$1,000,000 insurance policy that covers official ACS volunteer drivers while the volunteers are driving the patients.
- The ACS maintains a 24-hour a day, seven days a week, National Cancer Information Center, which can be called at 1-800-227-2345. Patients or caregivers can call that number anytime, night or day, to talk to a “live” person about starting the process of getting help from volunteer drivers. A huge amount of other helpful information is available to the patient at the National Cancer Information center as well.

This is one example of how tribal community volunteers can work in partnership with the American Cancer Society for the benefit of the community. Other programs available at ACS are: public education for early detection of cancer; Look Good...Feel Better, which utilizes licensed cosmetologists in the community to help women with wigs, turbans, and make-up to alleviate the negative cosmetic side effects of cancer treatment; legislative advocacy for state and federal legislation affecting the health of tribal communities; tribal-based Speak Out! Activities, which involve youth education, their peers on tobacco abuse.

The American Cancer Society is a volunteer organization, but your ACS staff person is eager to help your community volunteers develop tribal community activities and programs in the fight against cancer! To find out who your American Cancer Society staff person is, call 1-800-227-2345.

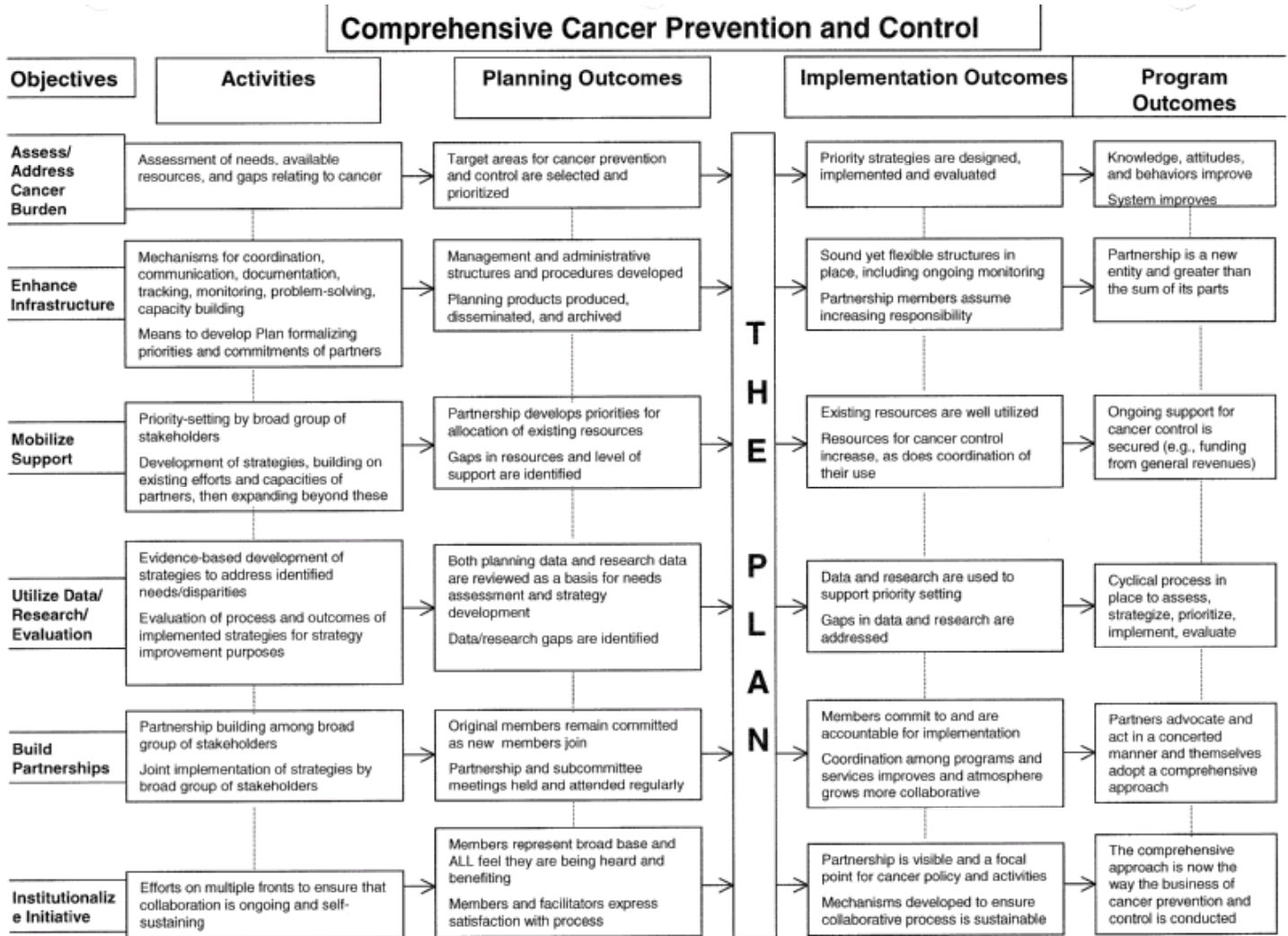
# Appendix B: Framework for Comprehensive Cancer Control

Framework for Comprehensive Cancer Control



CDC developed this model, which illustrates four phases of comprehensive cancer control. Phase I is data-driven for setting **optimal** objectives. Phase 2 is science-driven for determining **possible** strategies. Phase 3 is capacity-driven for determining **feasible** strategies. Phase 4 is outcome-driven for implementing **effective** strategies.

# Appendix C: Building Blocks Model for Comprehensive Cancer Control – Planning



This CDC model delineates the overall objectives of comprehensive cancer control. They are to assess and address the cancer burden, enhance infrastructure, mobilize support, utilize data/research, build partnership, and institutionalize the initiative.

# Appendix D: Screening Guidelines

## Women

### Breast

Women age 40 and older should have an annual mammogram, an annual clinical breast exam (CBE) performed by a health care professional, and a monthly breast-self examination. The CBE should be done close to, and preferably before, the scheduled mammogram.

Women ages 20-39 should have a clinical breast exam performed by a health care professional every three years and monthly breast self-examination.

### Cervix

All women who are or have been sexually active or who are 18 or older should have an annual Pap test and pelvic examination. After three or more consecutive satisfactory examinations with normal findings, the Pap test may be performed less frequently. Discuss the matter with your health care professional.

### Endometrium

Beginning at age 35, women with or at high-risk for hereditary non-polyposis colon cancer should be offered endometrial biopsy annually.

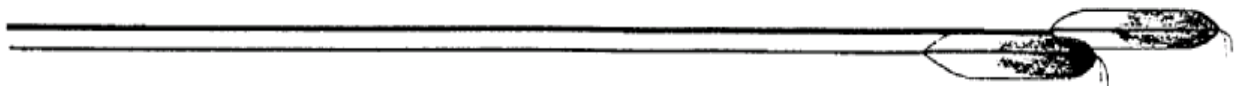
## Men

### Prostate

Men should consult with each health care providers to obtain information about the benefits and limitations of tests so they can make an informed decisions.

Health care providers should offer the prostate-specific antigen (PSA) blood test and digital rectal exam (DRE) starting at age 50.

Men at high risk (African-American men and men who have a first degree relative who was diagnosed with prostate cancer at a young age) should begin testing at age 45.



## **Men and Women**

### Colon and Rectum

Men and women who are at average risk for colon rectal cancer and who are ages 50 or older should follow one of the five examinations schedules below:

1. Fecal occult blood test (FOBT) every year, or
2. Flexible sigmoidoscopy every five years, or
3. FOBT every year and flexible sigmoidoscopy every five years (Of these three options, the American Cancer Society prefers option 3, annual FOBT and flexible sigmoidoscopy every five years.)
4. Double-contrast barium enema every five years, or
5. Colonoscopy every 10 years.

People with a history of polyps, colorectal cancer, or inflammatory bowel disease, or a family history of colon cancer or polyps are at higher risk for colon cancer and may need to start being tested before age 50, and have tests done more often.

These guidelines are for the early detection of cancer for people without symptoms. Some people are at higher risk for certain cancers and may need to have tests more often and start when they are younger. Talk with your health care professional to find out how these guidelines relate to you.

### Cancer-Related Checkups

The American Cancer Society recommends having a cancer-related checkup every three years for adults under the age of 40, and every year for those over the age of 40. The cancer-related checkup should include examinations for cancers of the thyroid, mouth, skin, and lymph nodes, an examination of the testicles for men, and an examination of the ovaries for women. The checkup should also include health counseling (such as tips on quitting smoking).





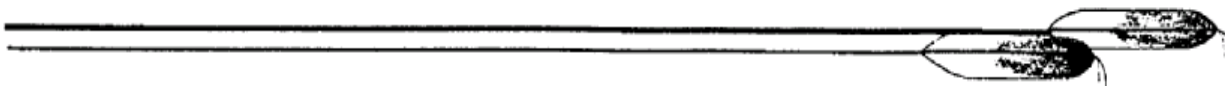
Northwest Portland Area Indian Health Board  
 Northwest Tribal Cancer Control Project  
 Resource Guide  
 August 2003

## Appendix E: Evaluation Form

**Purpose:** The goals of the Resource Guide is to provide contact information of a selected number of key cancer control organizations and agencies serving Northwest tribal communities in order to reduce their cancer burdens.

**Directions:** Please print or type your answers or circle as indicated below and fax the completed form to the number given above.

Item	Question	Strongly Agree	Agree	Don't Know – Not Sure	Disagree	Strongly Disagree
1.	The Resource Guide is easy to understand.	Strongly Agree	Agree	DK/NS	Disagree	Strongly Disagree
2.	What, if anything, would make the Resource guide easier to understand?					
3.	The Resource Guide provides me with useful information.	Strongly Agree	Agree	DK/NS	Disagree	Strongly Disagree
4.	What, if anything, would make the Resource Guide more useful?					
5.	I have used the following resources listed in the Resource Guide.	<b>I used these resources prior to reading the Resource Guide</b>	<b>I used these resources as a result of reading the Resource Guide</b>	<b>I plan to use these resources in the future.</b>	<b>Don't Know/ Not Sure</b>	
	A. American Cancer Society	Already used	Guide result	Future use	DK-NS	
	B. American Lung Association	Already used	Guide result	Future use	DK-NS	
	C. Cancer Information Service	Already used	Guide result	Future use	DK-NS	
	D. Spirit of EAGLES – American Indian/Alaska Native Leadership Initiative on Cancer	Already used	Guide result	Future use	DK-NS	

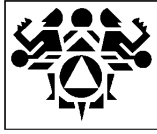


E. Native C.I.R.C.L.E.	Already used	Guide result	Future use	DK-NS
F. Susan G. Komen Breast Cancer Foundation	Already used	Guide result	Future use	DK-NS
G. State Cancer Registry	Already used	Guide result	Future use	DK-NS
H. Breast and Cervical Cancer Programs – State Operated	Already used	Guide result	Future use	DK-NS
I. Breast and Cervical Cancer Program – Indian Health Program	Already used	Guide result	Future use	DK-NS
J. Programs Offered by Northwest Portland Area Indian Health Board – State which one(s).	Already used	Guide result	Future use	DK-NS
K. Northwest Tribal Cancer Control Project	Already used	Guide result	Future use	DK-NS
L. Tobacco Projects	Already used	Guide result	Future use	DK-NS
M. Northwest Tribal Registry Project	Already used	Guide result	Future use	DK-NS
N. Women’s Health Promotion Program	Already used	Guide result	Future use	DK-NS
O. Other _____	Already used	Guide result	Future use	DK-NS
P. Other _____	Already used	Guide result	Future use	DK-NS
Q. Other _____	Already used	Guide result	Future use	DK-NS

Additional comments and questions (Use additional sheets, if needed.)

To: NTCCP  
Fax: 503-228-4801

Date \_\_\_\_\_  
No. of Pages Faxed \_\_\_\_\_



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## Appendix F: Order Form

**Directions:** Please print or type below and fax completed form to the number above. If there are only minor changes, please mark the changes on the original sheet currently included in the Resource Guide.

**NTCCP:** Please send \_\_\_\_ (number) copies of the Resource Guide to the following:

Name \_\_\_\_\_ Title \_\_\_\_\_

Organization/Agency \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

Notes/Questions/Comments (Use additional sheets, if needed.)

Your Signature \_\_\_\_\_ Date \_\_\_\_\_

Your Printed Name \_\_\_\_\_ Title \_\_\_\_\_

Organization/Agency \_\_\_\_\_

Mailing Address (if different from above) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

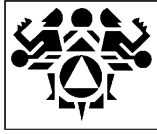
Telephone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_



To: NTCCP  
Fax: 503-228-4801

Date \_\_\_\_\_  
No. of Pages Faxed \_\_\_\_\_



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Northwest Tribal Cancer Control Project  
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August 2003

## Appendix G: Update Form

**Directions:** Additional sheets of paper may be necessary to update the following information and fax it to the number above.

**General Information**

In 50 to 100 words state your organization's mission, goals and objectives.

**Resources Available**

In 50 to 200 words, list or summarize the types of resources available in northwest tribal communities.

**How to Obtain Resources**

In 50 to 100 words, describe the process for obtaining each of the resources noted above.

**Contact Information**

Provide the name of your organization's director and all information necessary to reach director.

**Notes/Questions/Comments (Use additional sheets, if needed.)**

I am authorized to make these changes.

Your Signature \_\_\_\_\_ Date \_\_\_\_\_

Your Printed Name \_\_\_\_\_ Title \_\_\_\_\_

Organization/Agency \_\_\_\_\_

Mailing Address (if different from above) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

