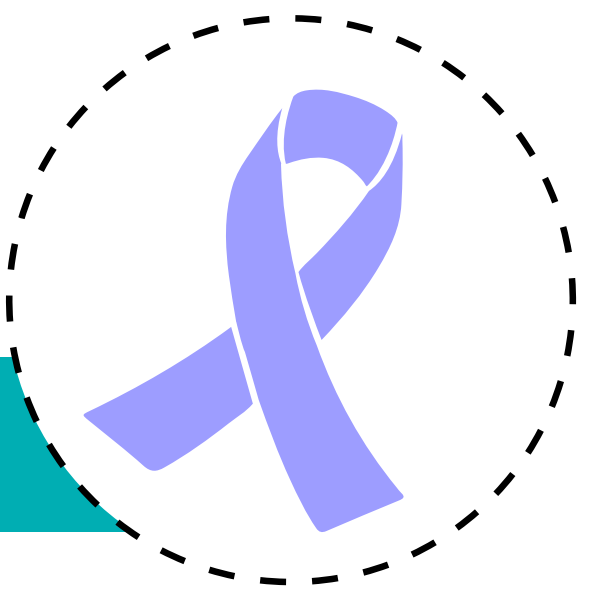


National Cancer Survivor Month

JUNE

   **#CelebrateSurvivorship!**

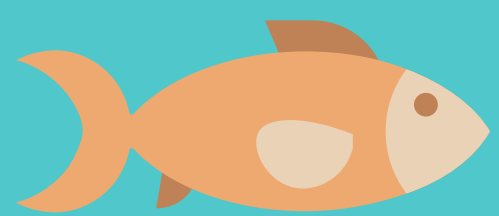


Cancer and the treatment process can impact your life in many ways.

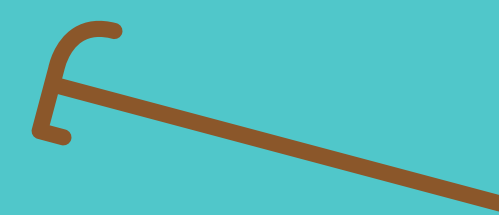
How to **stay well** after cancer:

- Stop smoking
- Get regular physical activity
- Get regular flu and pneumonia vaccines
- Maintain good nutrition
- Receive regular cancer screenings, as directed by your health care provider

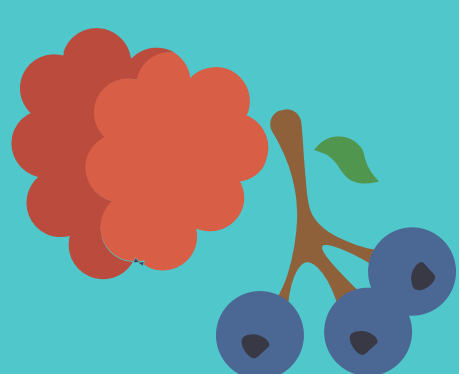
Some examples of maintaining good nutrition and physical activity are:



Fishing



Root digging



Eating traditional foods



Chopping wood



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

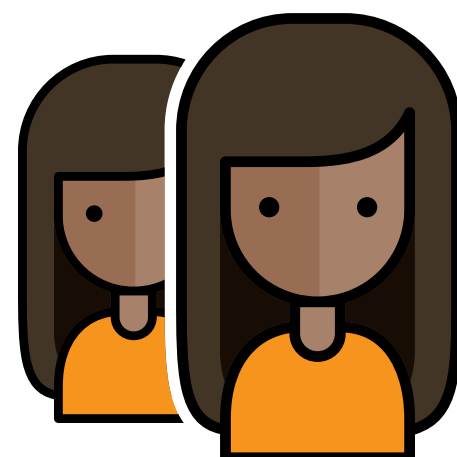
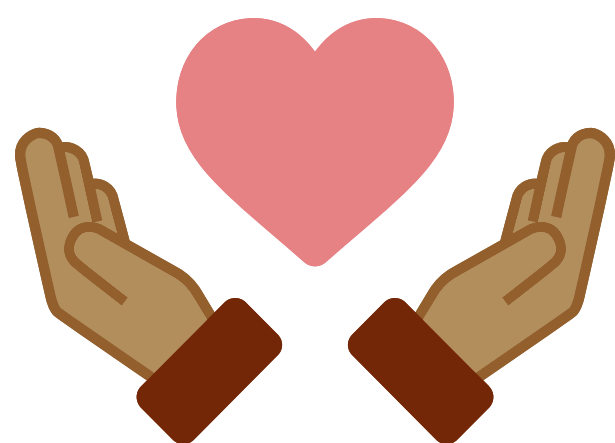
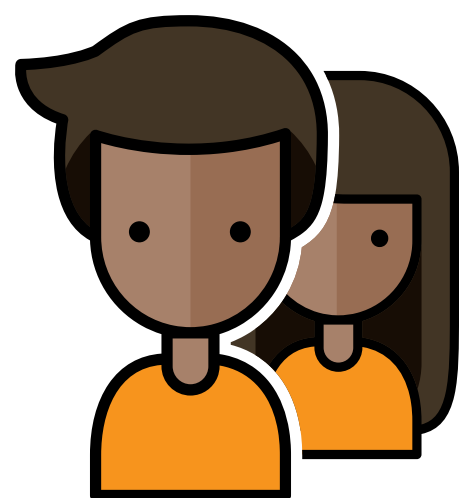
www.npaihb.org



Northwest Tribal
Comprehensive
Cancer Program

Communicate with your health care team

You can request **survivorship care plans** or long-term recommendations about screening and follow-up.



Communicating, making decisions, and negotiating treatment options after a cancer diagnosis can be difficult.

Consider enlisting the **help of others**, like a patient advocate, friend, or trusted caregiver who can support you in asking questions and getting the best possible medical care.

Your **holistic health** is just as important as your physical health. Take steps to nurture your mental and spiritual health as well. This could include:

- Talking to a spiritual leader in your community
- Engaging in sweat lodge
- Mindfulness activities

Find more resources at the National Coalition for Cancer Survivorship
www.canceradvocacy.org

We celebrate and honor Cancer Survivors and all of our relatives who have been impacted by cancer!



www.npaihb.org