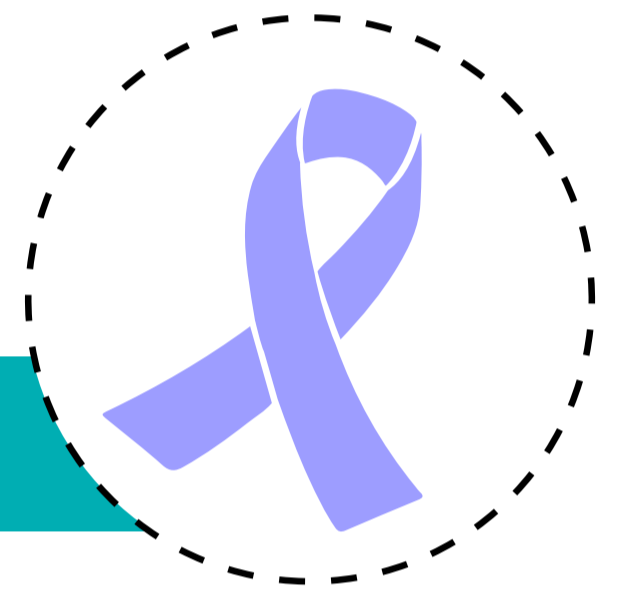


National Cancer Survivor Month

JUNE

   **#CelebrateSurvivorship!**



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

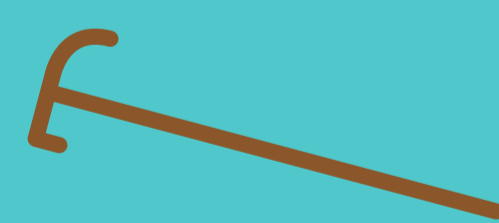
How to **stay well** after cancer:

- 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

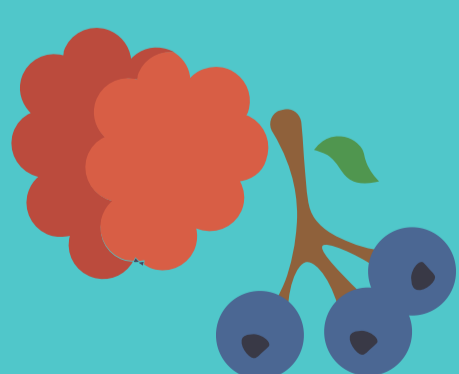
Some examples of maintaining good nutrition and physical activity are:



Fishing



Root digging



Eating traditional foods



Chopping wood



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

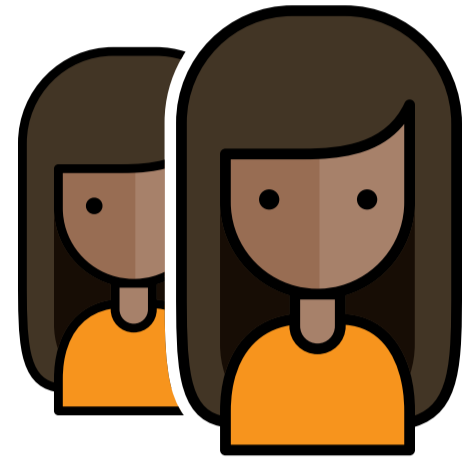
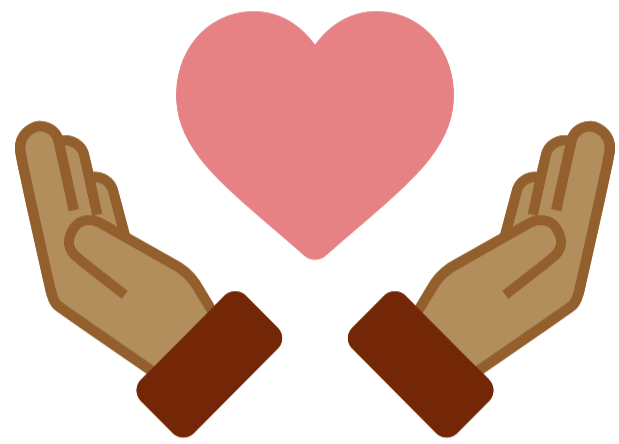
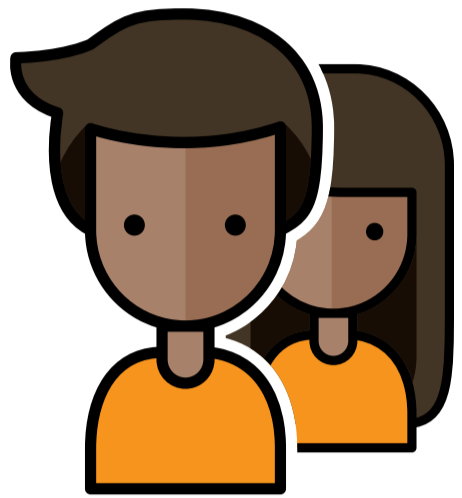
www.npaihb.org/cancerproject



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!

