

Breast Cancer Screening Pathway

2021



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Acknowledgements

A special thank you to our *Circle of Life* partner Friendship Centres and those Centres with their own cancer prevention projects:

- Sagitawa Friendship Society (Peace River)
- Hinton Friendship Centre
- Âsokêwin Friendship Centre (Rocky Mountain House)
- Aboriginal Friendship Centre of Calgary

Your dedication and passion for promoting health equity for Indigenous peoples in your communities as well as supporting community members and their families journeying through cancer is inspiring. Your contribution was essential to this publication.

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We would like to acknowledge the Alberta Breast Cancer Screening Program, Alberta Health Services for their contribution and support in the development of the ANFCA's *Breast Cancer Screening Pathway* to promote urban Indigenous peoples' access to cancer screening.

Tansi / Kinanâskomitin Oki / Nitsíniyi'taki:

- To our Elders who shared their teachings and wisdom about supporting Friendship Centre communities on their cancer screening journey. We hear your voices throughout this Pathway and are grateful for your guidance.
- To the 21 member Friendship Centres who work to better health outcomes in their communities with kindness, culture and dedication every day.

To all the community members and families journeying through cancer who were involved with the *Circle of Life* project, we honour your stories. We hope that together, we can share knowledge about cancer prevention and screening to help our Friendship Centre communities be well.



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**Alberta Health
Services**

**Alberta Breast Cancer
Screening Program**

Indigenous Self-Determination and Empowerment

To be strong and healthy means to take care of your whole self and create balance mentally, emotionally, spiritually, and physically, which is rooted in culture and the tradition of wellness. A path to wellness starts with individuals taking responsibility for our own health and wellness.

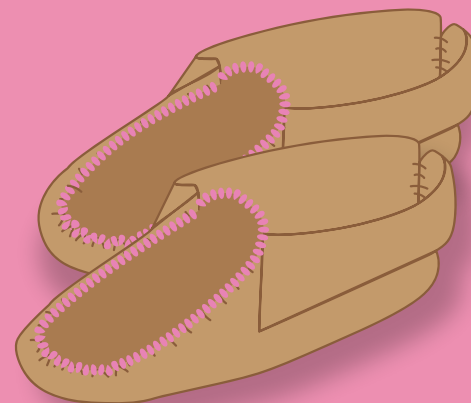
Due to historical and past interpersonal traumas as well as culturally unsafe healthcare experiences many Indigenous peoples avoid important preventative health screenings. Self-determination for our individual health is essential to improve the quality of life for all Indigenous peoples. Being committed to taking care of our health is a pathway to self-determination which includes seeking knowledge, becoming educated, and sharing that knowledge with family and community members.

The goal of this pathway is to provide Friendship Centre communities information on the process of breast cancer screening so that community members understand and feel safe and empowered in taking preventative action in their journey of wellness.

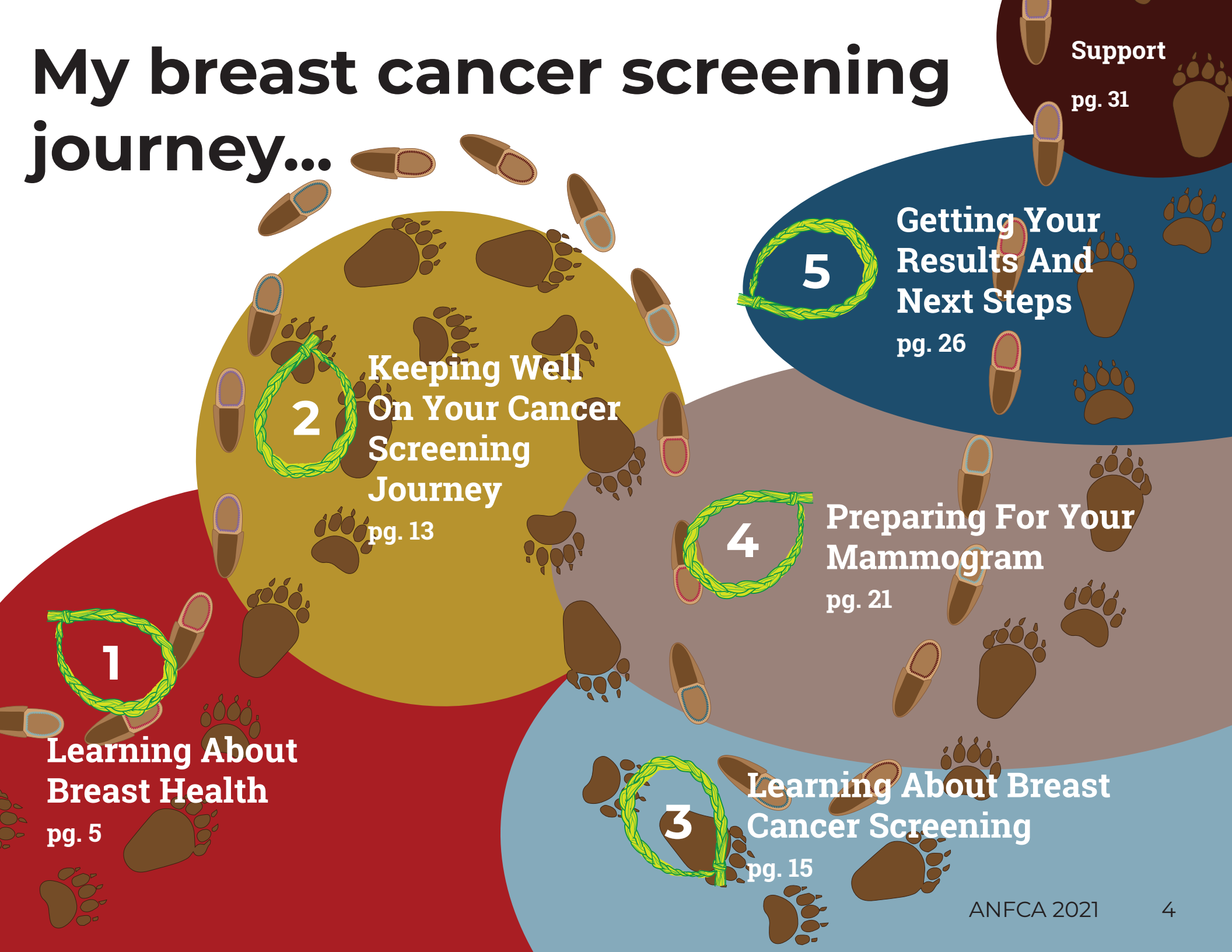


“Keep connected with the Creator to keep your moccasins on the ground and on the right path.”

– Elder Marlene Gervais



My breast cancer screening journey...





LEARNING ABOUT BREAST HEALTH

What is Breast Cancer?

About 26% of breast cancer cases can be prevented through things you can change in your everyday life.¹ Regular breast cancer screening is the best way to find breast cancer early before symptoms appear.

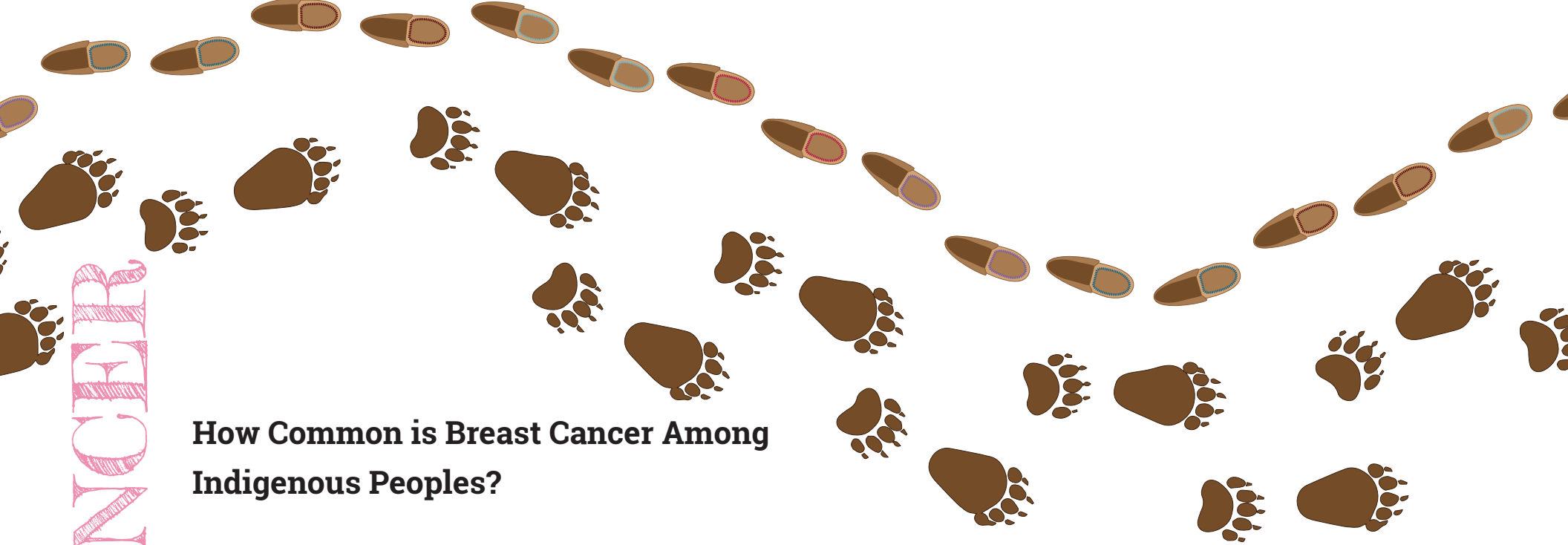
Breast cancer begins when abnormal cells grow in the breast. These cells may form lumps called tumours. Some tumours are cancerous (malignant) and some are not cancerous (benign).

16 out of 17 people who find breast cancer early through screening will be successfully treated.²



“My advice to young women is that you are our life givers. This message is passed on at coming of age ceremonies. Take care of your body. Traditional and mainstream medicine both have their benefits.”

– Elder Theresa ‘Corky’ Larsen-Jonasson



How Common is Breast Cancer Among Indigenous Peoples?

In Alberta, breast cancer is the most common cancer among First Nations and Métis women. It is often diagnosed at later stages³ due to inadequate access to culturally safe breast cancer screening and follow-up care.⁴ Breast cancer makes up approximately:

- 15% of new cancer cases diagnosed among First Nations peoples.⁵
- 17% of new cancer cases diagnosed among Métis peoples.^{6 7}



You Can Prevent Breast Cancer

Things that you **can change** to decrease your risk are:

- **Weight** – Reach or stay at a healthy body weight. This is even more important after menopause.
- **Physical Activity** – Be active every day (ideally for 30 minutes or more).
- **Alcohol** – Limit the amount of alcohol you drink to no more than 1 drink per day.
- **Tobacco Use** – Limit your smoking or use of chewing tobacco and avoid second-hand smoke. Smoking and chewing tobacco is different from the cultural use of tobacco for prayer, ceremony, and offerings.
- **Diet** – Food security is a challenge for many people. If it is available to you, combine traditional foods to your community and territory with plenty of fruits and vegetables.



PREVENTION

- **Oral Contraceptives** – Taking the birth control pill may slightly increase your risk of getting breast cancer. The risk is small and returns to normal after you have stopped taking it for 10 years or more. Speak to your healthcare provider about what birth control method is right for you.
- **Long-term Hormone Replacement Therapies (HRT)** – Limit using the combination of estrogen and progestin menopausal HRT to no more than 5 years. Use beyond 5 years, increases your risk of breast cancer. Within 2 years of stopping HRT, your risk of breast cancer returns to average.
- **Reproductive History** – Having children before the age of 30 and breast feeding lower your risk of breast cancer.



There are things that you **can't change** to decrease your risk. But, **regular screening can help find breast cancer early when it is easiest to treat.** Speak to your healthcare provider about how these risk factors apply to you. It may help them to decide when and how often you should get screened.

Things that you **can't change** are:

- **Sex** – People assigned female at birth are about 100 times more likely to develop breast cancer than people assigned male.
- **Age** – The older you get, the greater your chance of developing breast cancer. More than 3 out of 4 women diagnosed with breast cancer in Alberta are 50 years or older.
- **Biological Family History** – If you have family member(s) with a history of breast or ovarian cancer on either your mother or father's side of the family or an immediate relative like your mother, sister or daughter, you may have an increased risk of developing breast cancer. Some genes (BRCA1 or BRCA2) can also increase your risk.
 - Not everyone will know their biological family history and that is okay. If you feel comfortable, let your healthcare provider know.
- **Personal History** – If you have had cancer in one breast, you have a higher risk of developing a new breast cancer in the other breast (not related to the previous one).

“Make sure to let your kids know what is going on with your health so they can support you and so that they know what can impact them genetically.”

– Elder Marlene Gervais

- **Breast Density** – If you have dense breasts, you have a slightly higher risk of getting breast cancer. Dense breasts can also make it harder to find breast cancer early on a mammogram.
 - The more dense tissue you have in your breast in comparison to fat, the higher your breast density is. Almost 50% of women aged 50 to 74 have dense breasts.
 - You can not tell how dense your breasts are by size, look or feel. The only way to find out is by having a mammogram.
- **Life Stages** – There are many teachings and ceremonies about the different life stages of being a woman. You enter into womanhood when you get your moon time (period) and you enter into grandmotherhood, the teaching part of life, when you go through menopause.
 - If you started having your moon time (period) before age 12 and/or started menopause after age 55, you have a higher risk of breast cancer.
- **Radiation Therapy** – If you had radiation therapy for cancer directed at your chest (ie. breast cancer, lung cancer) at age 30 or younger, you have a higher risk of breast cancer. The younger you were at the time of radiation treatment, the higher your risk of breast cancer later in life.

If you do not have a healthcare provider, these resources can help you find one:

- <https://albertafindadoctor.ca/>
- <https://search.cpsa.ca/PhysicianSearch>
- Call Health Link at 8-1-1

You can also call the Alberta Indigenous Virtual Care Clinic at 1-888-342-4822 to speak to a doctor about breast cancer screening.

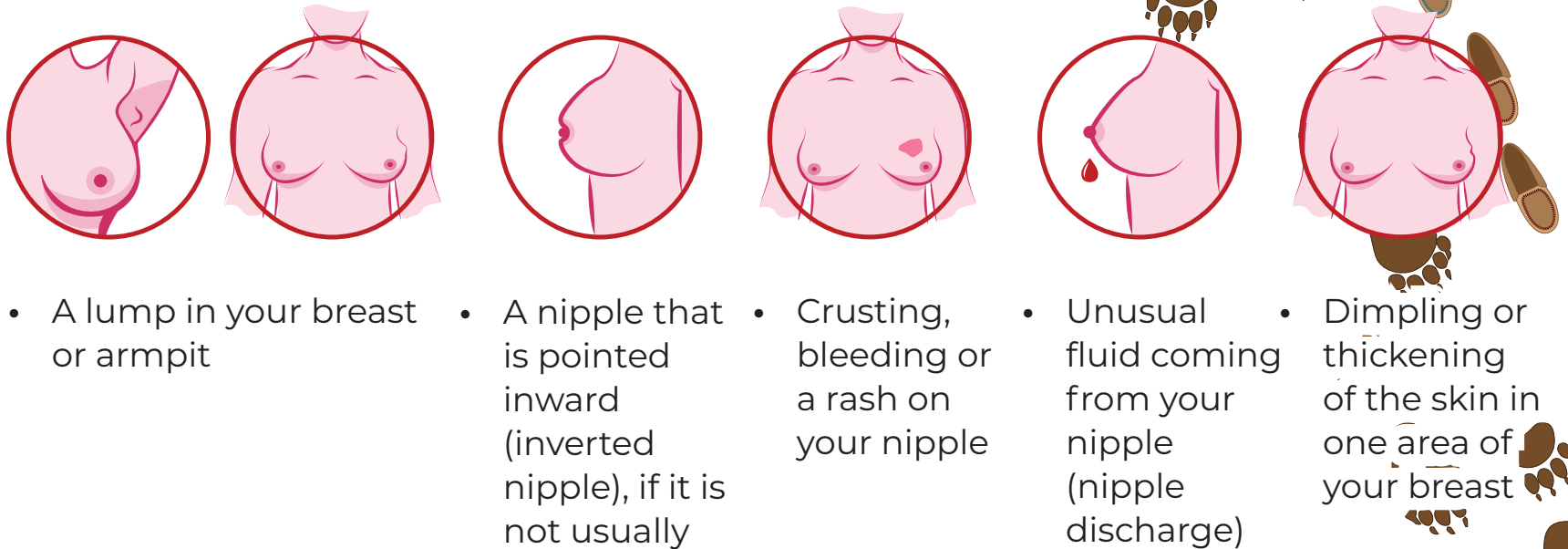


If you want to learn more about what your personal risk is, visit <https://screeningforlife.ca/risk-assessment-calculator/>

What Are Signs & Symptoms Of Breast Cancer?

It is important to know what is normal for you so you can notice any changes in your breasts. No one knows your own body as well as you do.

Make an appointment with a healthcare provider right away if you notice:



- A lump in your breast or armpit
- A nipple that is pointed inward (inverted nipple), if it is not usually
- Crusting, bleeding or a rash on your nipple
- Unusual fluid coming from your nipple (nipple discharge)
- Dimpling or thickening of the skin in one area of your breast

If you have these signs or symptoms, it does not necessarily mean that you have breast cancer. It means that you will likely need more tests done to know for sure. Your healthcare provider will likely recommend that you have a diagnostic mammogram. A diagnostic mammogram takes more images than a screening mammogram to take a closer look.

SIGNS & SYMPTOMS

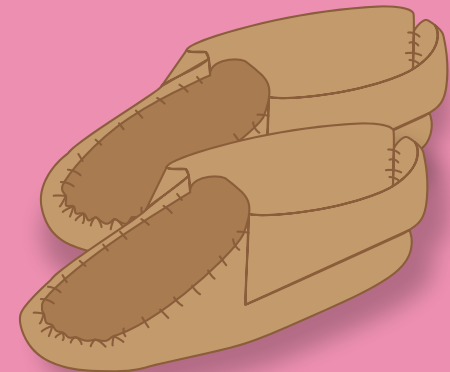
When meeting with a healthcare provider make sure to:

- ☐ Have your symptoms written down so you remember everything you want to say.
- ☐ Bring someone you trust with you for support.
- ☐ Be very clear and specific about your symptoms.
- ☐ Do not downplay your symptoms.

If you feel like the healthcare provider did not take your concerns seriously, you can go see another healthcare provider in your community or call the Alberta Indigenous Virtual Care Clinic to speak to a doctor – 1-888-342-4822.

“As I am rocking my moccs, I always have to remember to have an awareness of my personal health concerns and get regular cancer screening!”

– Elders Linda Boudreau-Semaganis and Marlene Gervais





KEEPING WELL ON YOUR CANCER SCREENING JOURNEY

Cultural Safety Along the Cancer Journey

Indigenous peoples have the right to culturally safe healthcare.

Cultural safety means receiving healthcare, including breast cancer screening, that is free of racism and discrimination where all interactions are based in respect. When healthcare is culturally safe, Indigenous peoples are treated as equal partners in their healthcare and interactions are physically, mentally, emotionally and spiritually safe.

If an experience or interaction is not culturally safe, submitting a complaint to Alberta Health Services is one way of acting on your right to culturally safe healthcare. To help you with this process or even just to talk it through, reach out to someone you trust.

For more information on how to submit a complaint with Alberta Health Services, visit <https://www.albertahealthservices.ca/about/patientfeedback.aspx>



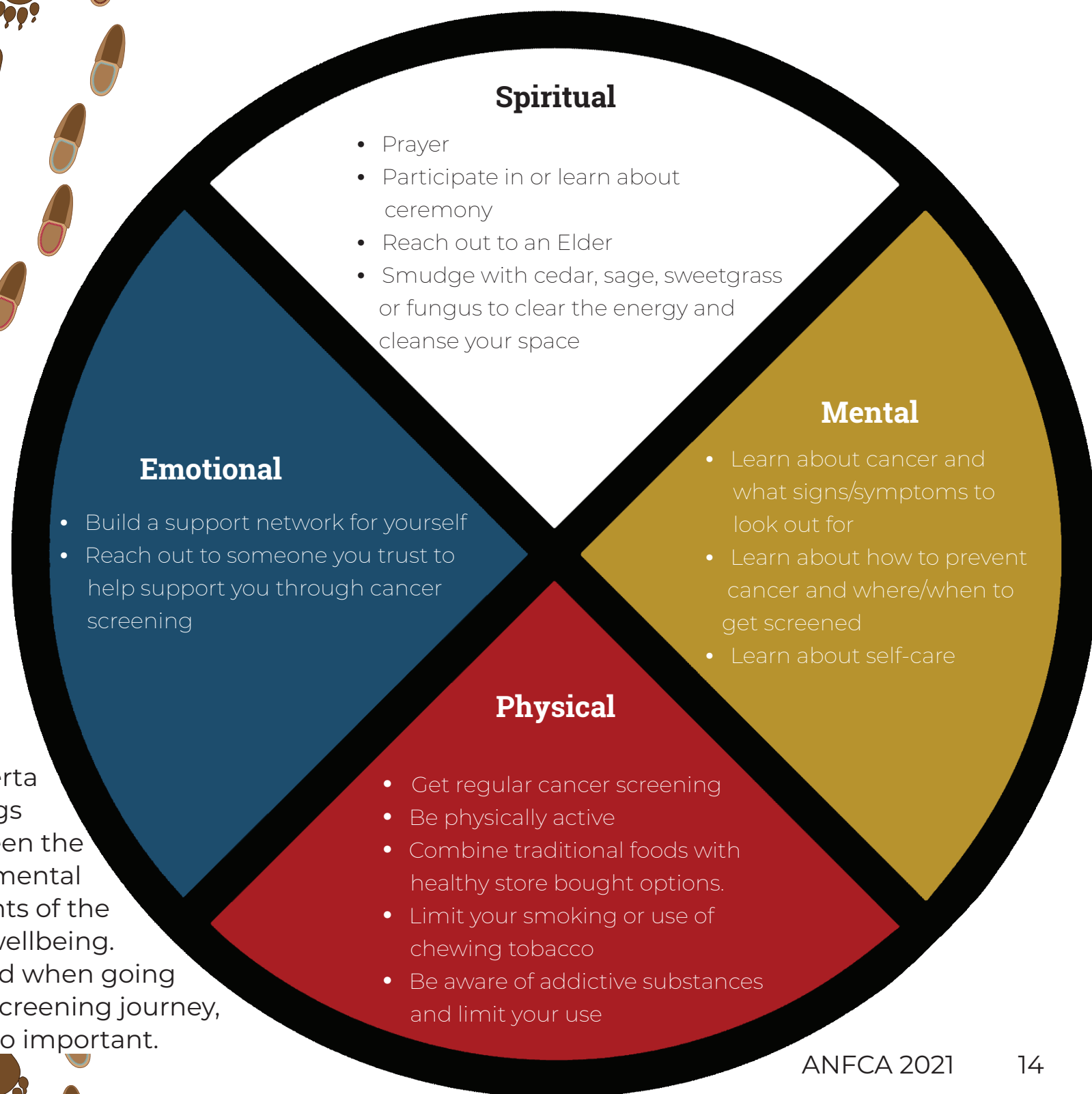
“Smudge, pray and then head over to get cancer screening. Early results are important to your wellness.”

- Elder Linda Boudreau-Semaganis

WELLNESS

Cancer Prevention, Screening and Wellness

Many Nations in Alberta have unique teachings about balance between the physical, emotional, mental and spiritual quadrants of the medicine wheel for wellbeing. To prevent cancer and when going through the cancer screening journey, finding balance is also important.





3

SCREENING

LEARNING ABOUT BREAST CANCER SCREENING

What is Breast Cancer Screening?

For most people, breast cancer screening happens when you are between the ages of **50 and 74**. However, if you have personal or biological family history that puts you at higher risk of breast cancer, you may have to start screening between the ages of 25 and 40. Make sure to discuss your breast health with your healthcare provider.

A 'screening mammogram' is an x-ray of the breast that is used to find early signs of cancer when there are no noticeable breast problems or symptoms. They can find abnormal changes in the breast that are too small to be noticed by you.

“For older First Nations and Métis people, we have always been taught to privately respect our bodies. So it can be hard to talk about cancer screening and other tests. But, be brave to talk about it with your doctor. It is private and you are worth it.”

– Elder Theresa ‘Corky’ Larsen-Jonasson

If you are transgender, were assigned female at birth and have not had top surgery OR if you were assigned male at birth and have been on feminizing hormone therapy for 5 or more years total, it is recommended that you follow the breast cancer screening guidelines.

If you have breast implants, breast cancer screening is still very important. If you have breast implants because of a single or double mastectomy, speak to your healthcare provider about how often you need to get a mammogram.

Indigenous peoples experience many barriers to breast cancer screening. These barriers mean that cancer is found in later stages when it is harder to successfully treat. Each person will experience unique barriers determined by their own life experience. For example, past experiences of racism in healthcare, fear of waiting for the results, what they will be and what comes after. It is still very important to get regular breast cancer screening for early detection.



When Should I Get a Mammogram and How Often?

Follow these guidelines to know when to get screened and how often:

Women Younger than 40 – The risk of breast cancer at this age is low. Generally, screening mammograms are not needed before the age of 40.

Women 40 to 49 – It is less clear if the benefits of mammograms outweigh the risks for women in this age group. If you decide to get mammograms in this age range, you should have a mammogram every year.

Women 50 to 74 – Breast cancer screening is proven to have the most benefit within this age range. Have a mammogram every 2 years or as decided by you and a healthcare provider.

Women 75 and older – The benefits of continuing to get mammograms depends on how healthy you are overall. Speak to a healthcare provider about if continuing to get mammograms would benefit you. If you decide to continue getting mammograms, it is recommended to have one every 2 years.



Your return visit is even more important than your first mammogram. The radiologist will compare your current and previous mammograms to look for changes.

Increased Risk: A healthcare provider may provide a different recommendation about when you should start getting mammograms and how often if you have personal or biological family history that puts you at increased risk of developing breast cancer. You may have to start getting mammograms as early as age 25 or need other tests. Speak to a healthcare provider about your risk and what is best for you.

If you feel like the healthcare provider did not take your concerns about your risk of breast cancer seriously, you can go see another healthcare provider in your community or call the Alberta Indigenous Virtual Care Clinic to speak to a doctor – 1-888-342-4822.



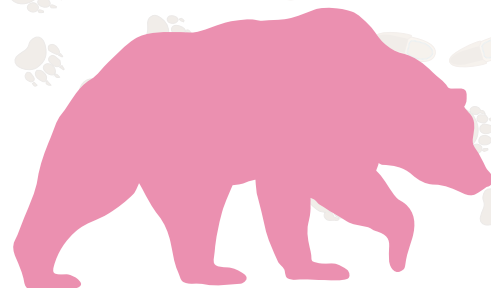
“As young women, it is important to be aware of the power we hold in our bodies and minds. It is important to protect that power and keep your body healthy. Reach out to your mom, kohkom, auntie, older cousins or siblings, for knowledge and advice on how to protect your body and support your wellness as your body continually changes.”

– RaeAnne Harper, former AAYC Representative

What Are The Risks of Getting a Mammogram?

Deciding to get regular screening mammograms is up to you to self-determine. Even though mammograms are safe and effective, there are also risks. It is important to make an informed decision about what is best for you. The medical risks include:

- **False Positive** – Sometimes screening can lead to further testing even though no cancer is actually present.
- **Over Detection** – You may end up getting treatment for a cancer that would have never become life-threatening even if it was untreated.
- **Missed Breast Cancer** – You may develop breast cancer that does not get seen by screening.
- **Low Doses of Radiation** – Mammograms use low doses of radiation, but the benefits of screening outweigh the risks of getting these small amounts of radiation.



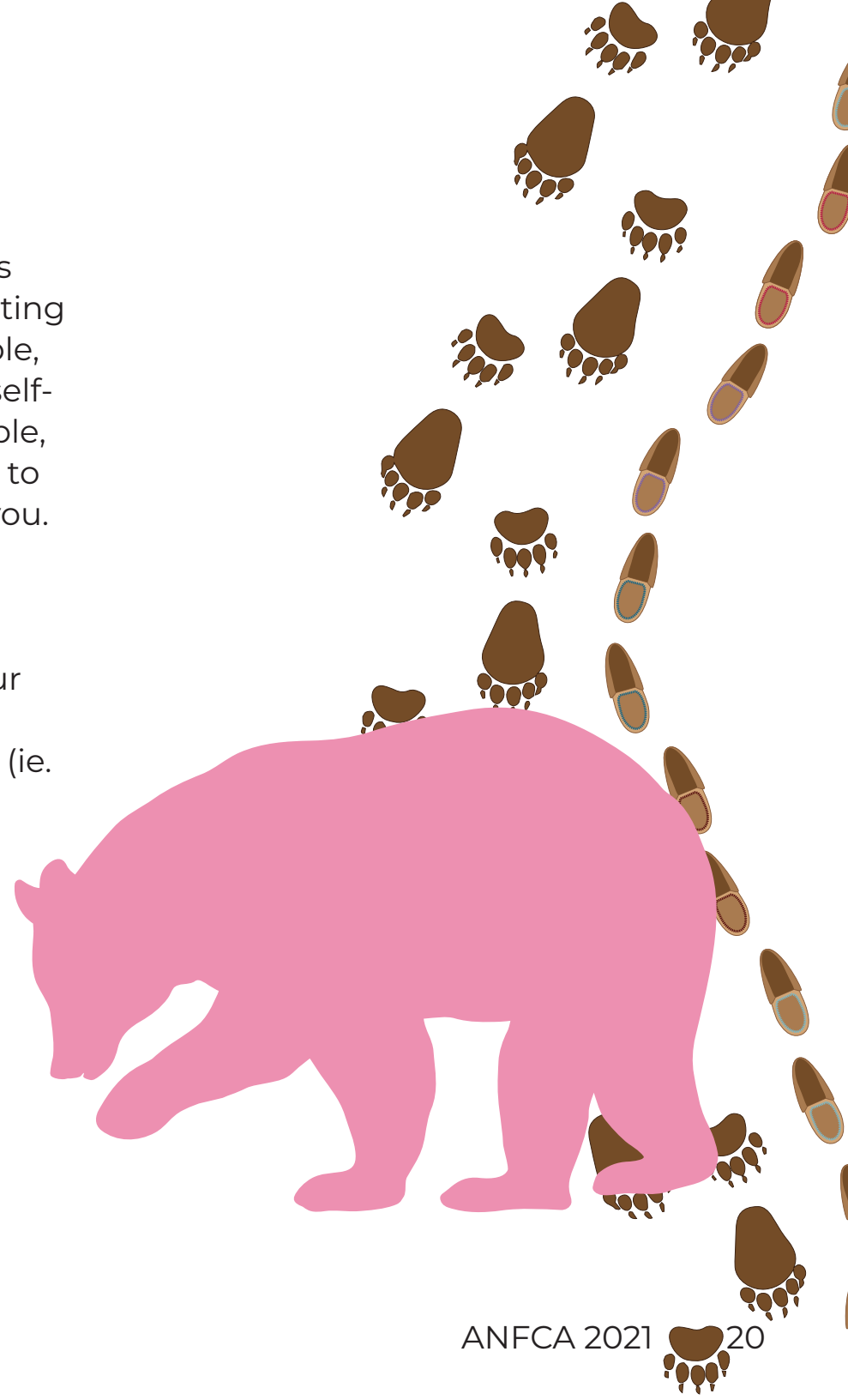
“Share your fears about cancer screening with other people and don’t be afraid to talk about it.”

– Elder Marlene Gervais

There are also mental and emotional risks of getting a mammogram that are important to acknowledge. For example, if you have experienced trauma, the idea of getting a mammogram can be scary. It is okay if it takes some time for you to be comfortable with getting a mammogram or if you never feel comfortable, that is also okay. Only you have the power to self-determine your wellness. If you feel comfortable, speak to your healthcare provider about ways to make a mammogram a safer experience for you. For example:

- ☐ Ask about what to expect
- ☐ Ask about having a support person at your appointment
- ☐ Ask for a person of your preferred gender (ie. female) to do your mammogram

For more information on the benefits and risks of getting regular screening mammograms to help you make a decision visit, www.screeningforlife.ca/breast/





PREPARING FOR YOUR MAMMOGRAM

Where Can I Get Screened?

In Alberta there are 3 different places to get a **free screening mammogram** using your Alberta Health Card.

To see what screening options are close to you, visit <https://screeningforlife.ca/where-to-get-screened/>

1. Screen Test

Screen Test is a service provided by Alberta Health Services (AHS) that offers screening mammograms through 2 mobile screening units, as well as 2 clinics, 1 in Edmonton and 1 in Calgary. The mobile screening units travel to communities throughout Alberta.

To book an appointment with Screen Test call 1-800-667-0604. To see when the mobile screening unit will be in your community visit, <https://screeningforlife.ca/mobile-services/>

“I am gonna take my Bannock and Jam on down to the screening.”

– Elder Linda Boudreau-Semaganis

2. Community Radiology Clinics

If you live in an urban centre like Edmonton, Calgary, Lethbridge, Medicine Hat, Red Deer, or Grande Prairie there may be a community radiology clinic where you can get a mammogram.

Even though you can self-refer when you are between the ages of 50-74 the radiology clinic may still require you to have a doctor that the clinic can follow-up with. Make sure to call and ask.

3. AHS Diagnostic Imaging

In some communities, you may be able to get a mammogram at the Diagnostic Imaging Department at the local hospital.

Do I Need a Referral From a Doctor?

Whether or not you need a referral from a doctor depends on your age and where you get screened.

- **Women 40 to 49** – You need a doctor’s referral for your first mammogram. If you are getting a mammogram with Screen Test, and you do not have a doctor or cannot get a referral, you can sign an ‘Informed Consent’ form at your appointment in its place. Talk to the Screen Test booking clerk about this option. It is still recommended to speak to a healthcare provider before starting screening.
- **Women 50 to 74** – You can self-refer for a mammogram. Some radiology clinics require that you have a doctor so that they can follow up with you. You should call in advance to find out.
- **Women 75 and older** – You need a doctor’s referral to continue to get mammograms.



“Step on over to get your cancer screening tests done, the sooner the better!”

– Elder Linda Boudreau-Semaganis

If you do not have a healthcare provider, these resources can help you find one:

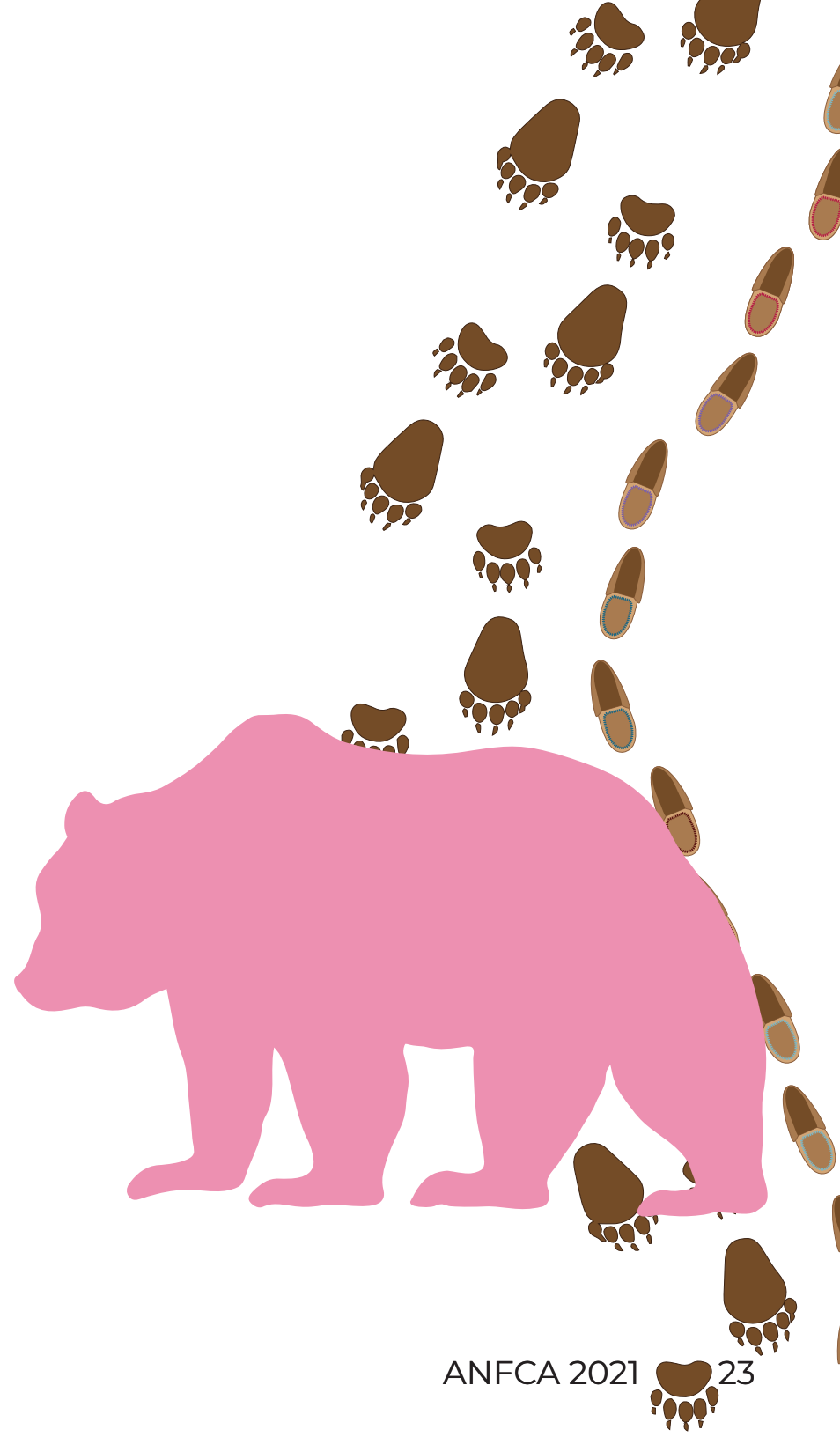
- <https://albertafindadoctor.ca/>
- <https://search.cpsa.ca/PhysicianSearch>
- Call Health Link at 8-1-1

You can also call the Alberta Indigenous Virtual Care Clinic at 1-888-342-4822 to speak to a doctor about breast cancer screening.

How to Prepare For a Mammogram

There are some things to keep in mind to prepare for your mammogram.

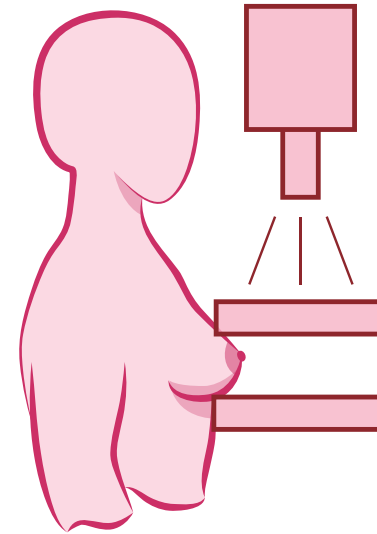
- Do not use perfume, antiperspirant, deodorant or body powder before your appointment. These can affect the mammogram results.
- Wear a separate top and bottom as you will have to remove clothing from the waist up.
- Make sure to bring your Alberta Health Card and if you have one, the name and contact information of your doctor or nurse practitioner.
- Breast implants can interfere with screening mammograms. You will need more images in order to find abnormal changes.
 - Make sure to let the clinic know that you have breast implants when booking your appointment.
- Getting a mammogram can be scary for people. Knowing what to expect can help. Having someone you trust there to support you before and after can help too.



What to Expect During a Screening Mammogram Appointment?

Your entire appointment should take 45 minutes, but your mammogram should only take about 10 minutes. At any point during the appointment you can decide that you do not want to continue. It is always up to you. This is what you can expect during your appointment:

- A female technologist will take you to the private mammography room and ask if you are taking any medication, when your last mammogram was and if you have ever had breast surgery. If you are getting your mammogram with Screen Test, you will be given a short questionnaire when you arrive about your breast health and medical history.
- You will be asked to remove your top, put on a gown and stand in front of the mammography machine. The machine will be adjusted to your height.
- The technologist will place one of your breasts on the machine and a second plate will press down on your breast for a few seconds to spread out



the breast tissue so that small abnormalities can be seen. The same will happen for your second breast. 2 x-rays will be taken of each breast.

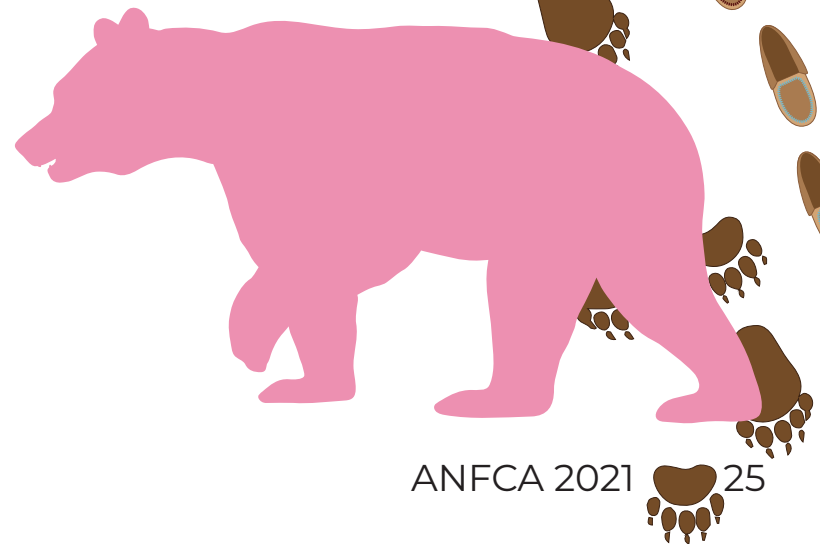
- Flattening the breast allows the x-ray to use as little radiation as possible. While this may be uncomfortable, it should not hurt, and it only lasts a few seconds. If you feel pain, tell the technologist and they will try to make the exam more comfortable.
- You will re-dress and are all finished! You will not get your results at the same time as your appointment.

Questions to Ask

What comes next after your mammogram can be confusing because the follow-up can be different depending on where you get screened. It is important to ask questions so you can be fully informed about the process. It may help to bring someone you trust to your appointments so they can help you remember information and ask questions. You can also write them down and bring them with you.

Here are some questions to ask:

- ☐ How will I receive my results and when will I receive them?
- ☐ Is it possible to organize a time in advance to receive my results so I can be prepared?
- ☐ Who can explain my results to me?
- ☐ If I do not hear back about my results, who can I follow up with?
- ☐ If I receive an abnormal result and do not have a healthcare provider, will there be support to help me find one and to get the follow-up tests that I need?



5

GETTING YOUR RESULTS AND NEXT STEPS



“The bear will walk with you to provide you with courage and will protect the medicines to support you along your cancer screening journey.”

– Elder Linda Boudreau-Semaganis



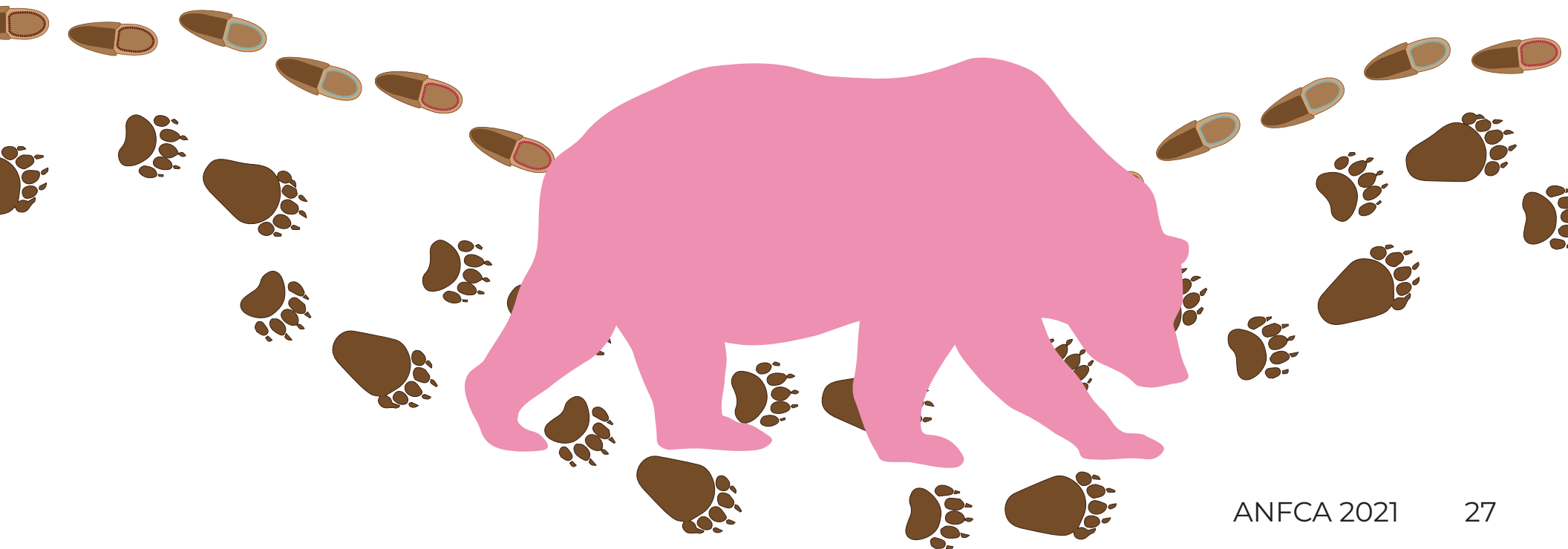
How you receive your result depends on:

- Where you got your screening mammogram
- If your result is normal or abnormal

During your appointment, make sure to ask how you will receive your results and how long it will take. If you do not hear back, make sure to call and follow-up.

Waiting for your results can be a scary experience. It may help to have someone you trust support you through the process and be with you when you receive your result.

Remember that about 93% of women have a normal result.



Normal

What

A **normal** result means that no sign of breast cancer was found.

How

You will receive a result letter in the mail. Your healthcare provider will also be notified.

Next Steps

Getting routine screening mammograms is the best way to find breast cancer early, but mammography alone may not find all breast cancer. That is why it is important to follow these steps.

- Return for your next screening mammogram.
- If you are comfortable, ask your healthcare provider about having a breast exam during your regular checkup.
- Know what looks and feels normal for you so you can notice any changes.
- Contact a healthcare provider immediately if you notice any signs or symptoms of breast cancer.

If you have questions about the letter, talk to a healthcare provider or call Alberta Health Services Screening Programs at 1-866-727-3926.

Abnormal

What

An **abnormal** result usually is not cancer, but it means that more tests are needed.

How

You should receive a phone call from your healthcare provider and you will also receive a letter in the mail with your results.

Next Steps

Either your healthcare provider or the radiology clinic will arrange your follow-up tests. If you got your mammogram with Screen Test and you do not have a healthcare provider, Screen Test will call you to explain your abnormal result and will support you to find a doctor to organize the follow-up tests that you need.

Getting an abnormal result and follow-up tests can be scary. Remember that 9 out of 10 women who go for extra tests do not have breast cancer.

What Happens After an Abnormal Mammogram Result?

Although follow-up tests are strongly recommended, only you holds self-determination over your own body.

The type of follow-test that you may need depends on what was found on your screening mammogram. You may need:

- **Diagnostic mammogram** – This is a special x-ray that takes more images so the radiologist can look at the abnormal area more closely.
- **Ultrasound** – This test uses sound waves to create an image of your breast. It shows whether a lump is fluid-filled, such as a cyst, or solid.
- **Biopsy** – This involves removing a small amount of tissue from the abnormal area to look at it more closely in a lab.

Make sure to ask at your appointments how and when you will receive your results and who will talk to you about your next steps.

For more information visit, <https://screeningforlife.ca/breast/results-and-next-steps/>



Supports & Resources For People Who Are Newly Diagnosed

If you are diagnosed with breast cancer, remember that only you have the power to self-determine your wellness. You decide what treatment options work best for you. For example:

- Combining traditional healing and medicines with western medicine
- Only western medicine
- Only traditional healing and medicines
- No treatment at all

Here are some ideas for supports and resources to help you and your family along the cancer journey:

Local Elders and Knowledge Keepers

- Elders and Knowledge Keepers in your community may be able to support you and your family with teachings and knowledge about medicines.

Guide to Cancer Care in Alberta For Newly Diagnosed Indigenous Peoples

- <https://www.albertahealthservices.ca/assets/info/cca/if-cca-guide-to-cancer-for-indigenous-people.pdf>





Indigenous Cancer Patient Navigators

- You can contact them at any point along your cancer journey. They can help you navigate the healthcare system with cultural safety. You do not need a referral.
 - If you are located south of Red Deer, call 403-476-2763
 - If you are located in and/or north of Red Deer, call 780-432-8747
- <https://www.albertahealthservices.ca/cancer/Page16319.aspx>

Breast Health Programs

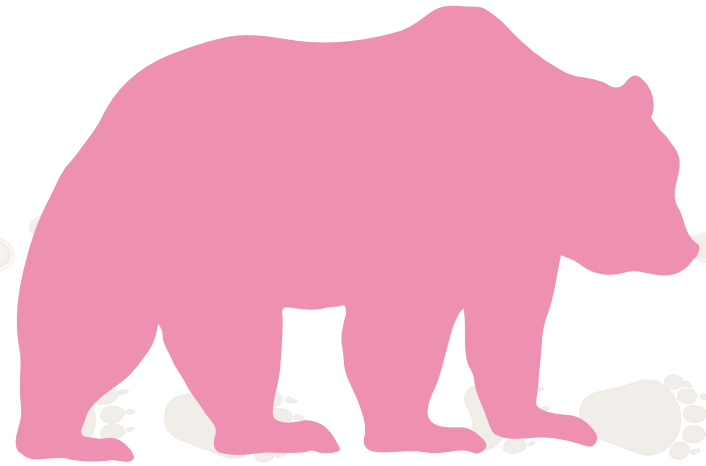
- Alberta Health Services offers Breast Health Programs throughout the province to support and provide information to women who have been newly diagnosed with breast cancer and/or if tests show that a diagnosis is likely. To access the program in your area, you need a referral from your doctor. Ask your doctor for more information.

The Canadian Cancer Society (CCS)

- There is a lot of information on the Canadian Cancer Society's website including about breast cancer.
- The CCS also offers virtual support including:
 - A toll-free helpline available to cancer patients, caregivers, families and friends, and the general public.
 - An online community to help people living with cancer and their loved ones share their experiences and build relationships.
- <https://cancerconnection.ca/home>
- <https://www.cancer.ca/>

Disclaimer

The ANFCA worked to ensure the accuracy of the information in this document. However, the information is subject to change and we encourage community members to always connect with their healthcare provider and refer to the 'Screening For Life' website for the most current information. <https://screeningforlife.ca/>



Endnotes

- 1 Alberta Health Services. Healthier Together: Breast Cancer. <https://www.healthiertogether.ca/health-conditions/cancer/breast-cancer/>
- 2 All information about breast cancer and the cancer screening process was provided by the Alberta Breast Cancer Screening Program, Alberta Health Services. Information was adapted and/or added to by the ANFCA where needed to better reflect Friendship Centre communities.
- 3 Voyageur, C., Letendre, A., & Healy, B. Alberta Baseline Assessment Report. The Alberta First Nations Information Governance Centre. <http://www.afnigc.ca/main/includes/media/pdf/digital%20reports/Alberta%20Baseline%20Assessment%20Report.pdf>
- 4 Horrill, T., Linton, J., Lavoie, J. G., Martin, D., Wiens, A., & Schultz, A. (2019). Access to cancer care among Indigenous peoples in Canada: A scoping review. Social Science & Medicine, 112495.
- 5 The Alberta First Nations Information Governance Centre. (2017). Top Types of Cancer among First Nations in Alberta. <http://www.afnigc.ca/main/includes/media/pdf/fnhta/HTAFN-2017-10-31-TopCancerSites.pdf>
- 6 Métis Nation of Alberta. Cancer Incidence and Mortality Among the Métis Population of Alberta, Canada. http://albertametis.com/wp-content/uploads/2017/05/Health-Report_Cancer-Report-Final-NO-CROP-MARKS.pdf
- 7 These numbers are limited because they do not include Non-Status First Nations peoples or members of the Métis Settlements. There is no information on Inuit in Alberta.



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