

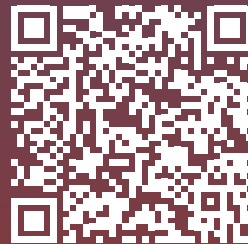
Talk to your healthcare provider about regular cancer screening and find out when you should be screened for specific cancers.

If you don't have a primary healthcare provider, you can register for Health Care Connect by calling:

1-800-445-1822

For more information on cancer risks for the Métis population, scan the QR code below or visit this link:

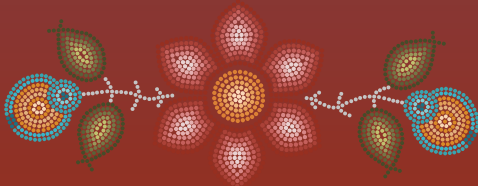
bit.ly/mno-cco-report



Need a ride to get you to your cancer screening appointment? Reach out to OneMNO at:

ContactUs@metisnation.org or
1-800-263-4889 Ext. 7

to be connected to your local Community Support Services Coordinator.



CANCER RISKS FOR MÉTIS PEOPLE

Research shows that Métis people in Ontario may have a higher risk of cancer compared to the general population. Cancer usually results from a combination of risk factors, and in some cases, it develops in people with no known risk factors. Risk factors are things that increase the chance of developing cancer, such as aging, tobacco use, alcohol consumption, diet, body weight, physical activity, and cancer screening. Nearly 40% of cancer cases can be prevented through healthy lifestyle choices. By staying active and living healthily, you can reduce your cancer risk.

Métis Nation
of Ontario 

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To assess your personal risk, visit www.MyCancerIQ.ca and learn ways to lower your risk below:

LIVE SMOKE FREE

The single most important thing you can do to reduce your cancer risk is quit smoking. About 15% of MNO citizens reported smoking on the MNO's 2024 Health Survey and. The MNO offers programs to help citizens quit, contact tobacco@metisnation.org or **1-800-263-4889 ext. 7**.

LIMIT ALCOHOL

The less alcohol you drink, the lower your cancer risk. About 74% of MNO citizens reported drinking alcohol on the MNO 2024 Health Survey. Do you need support reducing or stopping drinking alcohol? The MNO can help through the Mental Health and Addictions program. Contact MHA@metisnation.org or **1-800-263-4889 ext. 7**.

HEALTHY BODY WEIGHT

More than one-quarter of Métis adults in Ontario are obese. Besides living smoke free, having a healthy body weight is one of the best things you can do to reduce cancer risk. Contact OneMNO at ContactUs@metisnation.org or **1-800-263-4889 Ext. 7** to learn about MNO programs that can support you.

MOVE MORE, SIT LESS

Many Métis adults are not getting enough physical activity and this can increase your cancer risk. Aim for 30 minutes of activity every day and take frequent, short breaks from sitting.

Looking to get more active with your Métis community? Join the MNO's annual Urban Portage Challenge, where you can compete for the most steps with other Métis communities. Start getting your steps in now to help your community win the challenge! Contact OneMNO at ContactUs@metisnation.org or **1-800-263-4889 Ext. 7** to learn more about the challenge.

FIND CANCER EARLY

When cancer is found early, it's often easier to treat. Screening can help find cancers:

- Half of Métis women aged 50-74 need a mammogram to screen for breast cancer.
- Half of Métis adults aged 50-74 need a colorectal cancer screening test, as they have not had a recent fecal occult blood test, sigmoidoscopy, or colonoscopy.
- Métis adults aged 50-54 are especially under-screened, with over 60% in need of a test, as are those with the lowest incomes.
- About 19% of Métis women need cervical screening, particularly those with the lowest incomes.