Cancer in First Nations People in Ontario

**MOST COMMON CANCERS**

The most common types of cancers among First Nations people are:

- Lung
- Colorectal
- Female Breast
- Prostate
- Kidney

**CANCER INCIDENCE (NEW CASES)**

New cancer cases in First Nations people compared to other people in Ontario:

- Lung cancer higher for First Nations people
- Colorectal cancer higher for First Nations people
- Breast cancer similar for First Nations women
- Kidney cancer higher for First Nations people
- Cervical cancer similar for First Nations women

**PERCENTAGE OF NEW CANCERS DIAGNOSED IN FIRST NATIONS PEOPLE BY AGE GROUP**

Cancer in young First Nations people (ages 0 to 29) is very rare. Most cancers are diagnosed in older First Nations people, particularly in people ages 50 to 79.
Deaths from cancer are higher in First Nations people than other people in Ontario.

Top 3 most common deaths from cancer in First Nations people:

**MEN**
- Lung
- Colorectal
- Prostate

**WOMEN**
- Lung
- Breast
- Colorectal

CANCER SURVIVAL

The chance of living after a cancer diagnosis depends on many things, such as when the cancer is caught and the type of cancer.

Of all cancers in First Nations people:

- **Best survival** is for female breast and male prostate cancers.
- **Poorest survival** is for lung and pancreas cancers in men and women.

CANCER PREVENTION

- Stop smoking
- Limit alcohol use
- Eat traditional food, fruit, vegetables & whole grains
- Be physically active

TAKE ACTION

Know your body. Get changes checked sooner than later. If you have questions about your health, talk to a healthcare provider.

For more information on cancer screening, visit: [cancercareontario.ca/get-checked-cancer](cancercareontario.ca/get-checked-cancer)

To learn your personal cancer risk, start your 5 minute assessment online here: [mycanceriq.ca](mycanceriq.ca)

For the full report, visit: [cancercareontario.ca/firstnationscancerreport](cancercareontario.ca/firstnationscancerreport)