

ONE STOP CANCER SHOP



Preventing, screening, and treating cancer in our community.

BREAST | LUNG | PROSTATE | COLORECTAL

TWO LOCATIONS

SEPT 12

9:30 AM - 1:30 PM

**MOUNT CALVARY
COMMUNITY CHURCH**
5112 Ames Ave
Omaha, NE 68111

NOV 07

9:30 AM - 1:30 PM

**NEBRASKA URBAN INDIAN
HEALTH COALITION**
2226 "N" Street
Omaha, NE 68107

REGISTER

info@1stopcancerneb.com

402-281-3413

OR

scan to sign up →



Registration
requested
but walk-ins
welcome

- Open to everyone
- Confidential
- NO insurance needed for recommended screenings
- Clinicians at event identify which screenings you may need
- We can help coordinate any recommended follow-up breast or lung cancer screening*
- If you're not due for a screening, we can help you schedule it for when it's recommended

*These screenings will be offsite where equipment is located

THANK YOU TO OUR CLINICAL & COMMUNITY PARTNERS

UNMC College of Nursing, Nebraska
Medicine|Fred & Pamela Buffett
Cancer Center, and Nebraska DHHS



ONE **STOP** CANCER SHOP

Welcome to the 2026 One Stop Cancer Shop!

OSCS has two goals: 1) Reduce medical mistrust by educating health care providers and 2) Bring cancer screening out into the community.

Last year we held 2 events which screened 138 people-the majority of whom had never been screened or were late for cancer screening. We also trained 78 nursing students on medical mistrust.

These events would not have been possible without our clinical partners—Nebraska Medicine, Fred and Pamela Buffett Cancer Center and University of Nebraska Medical Center College of Nursing.

This participant education booklet contains information about cancer prevention education. The information is from national sources. Please use this information for your own health and wellness. Thank you for participating in the One Stop Cancer Shop events!

If you would like to donate use this code:



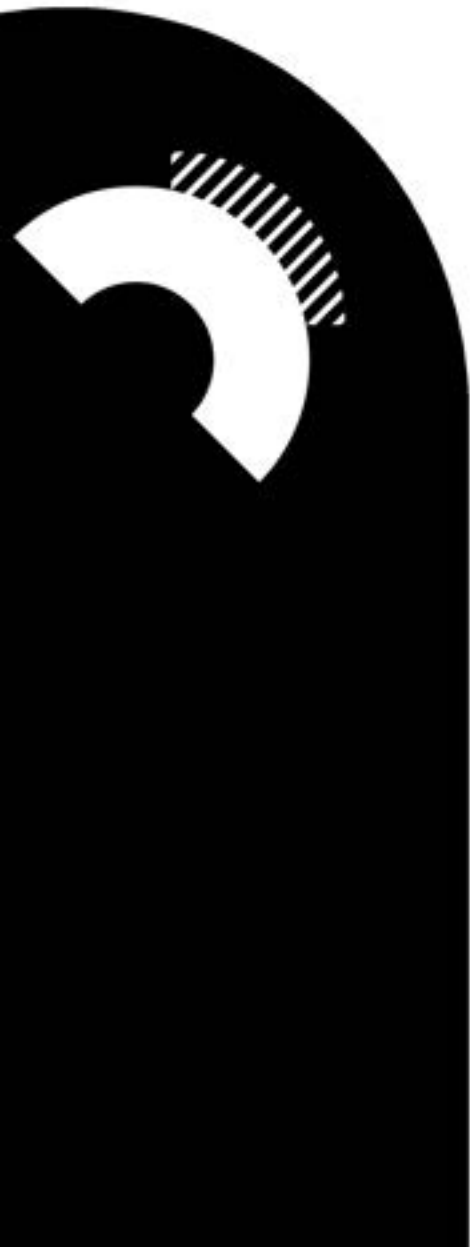


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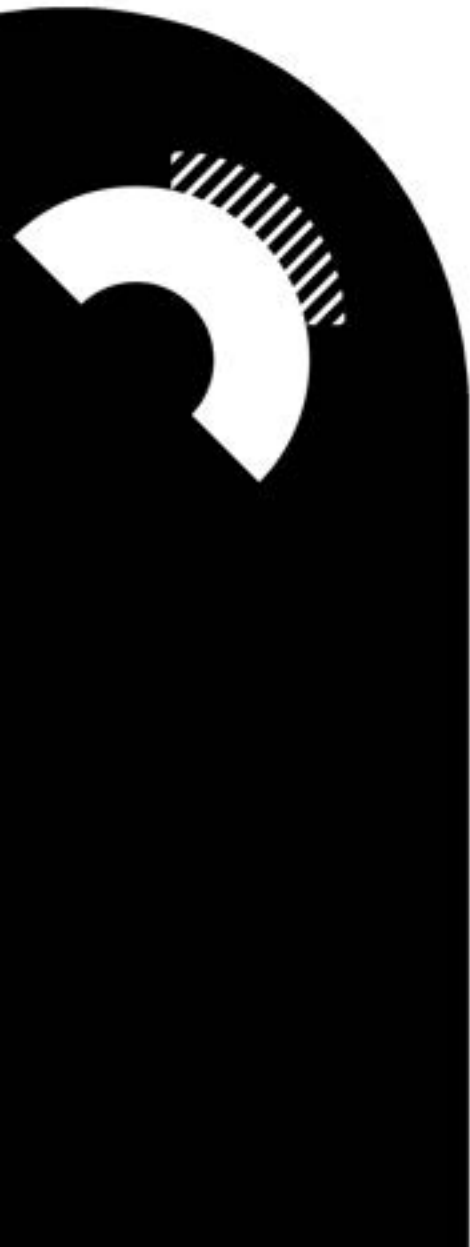


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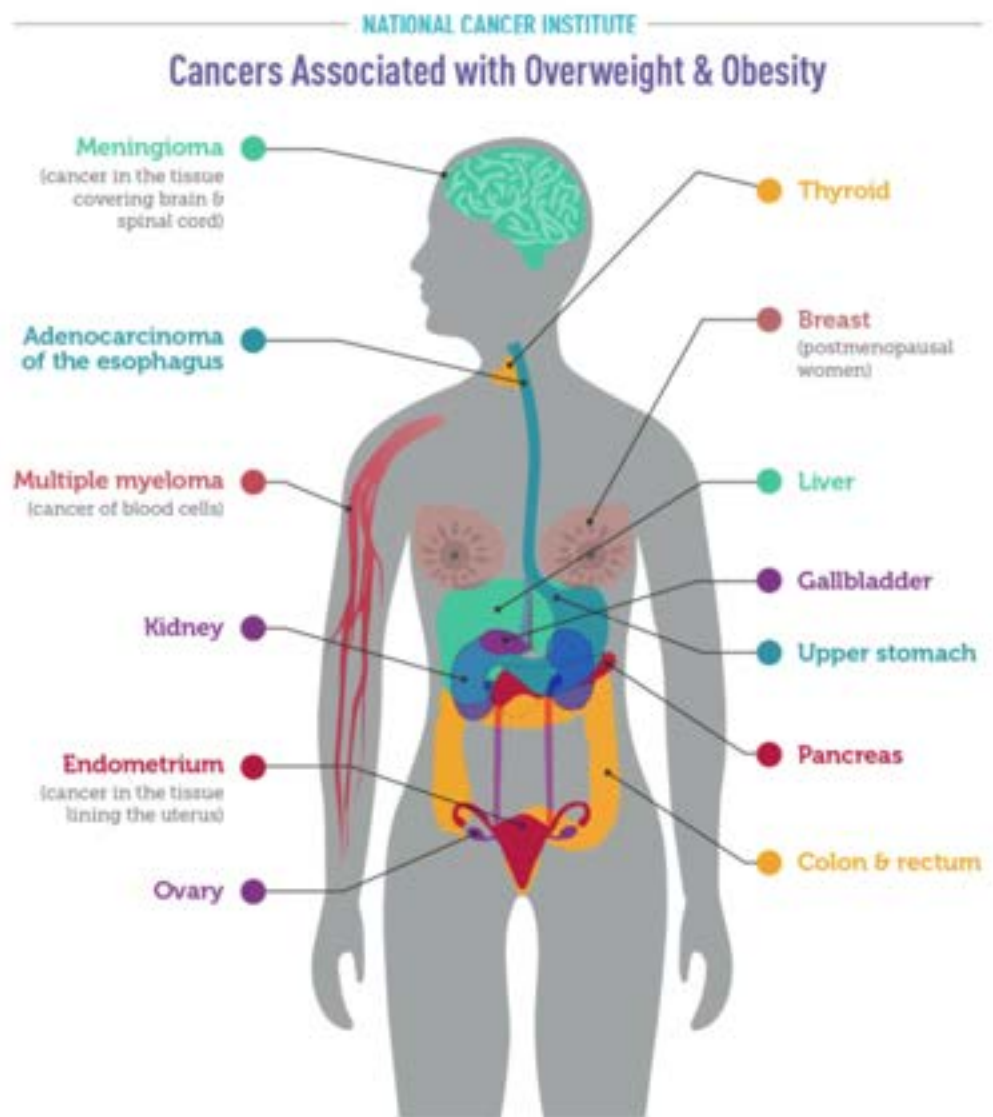
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WEIGHT, CANCER, AND HEALTHY EATING

- A person's eating pattern can affect the possibility of cancer more than any one specific food.
- Risky foods that can contribute to poor health and abnormal cell growth:
 - highly processed foods, red meats, sugar sweetened beverages
- There are 13 types of cancer associated with obesity.



6 FOOD TIPS FOR A HEALTHY HEART

Enjoy a variety of fruits and vegetables

- ♥ Choose nutrient-dense fruits such as apples, bananas, berries, grapefruits, and pineapples. Remember that this includes all types of fruit such as fresh, frozen, canned, or dried.
- ♥ Look for vibrantly colored vegetables such as red bell peppers, beets, broccoli, or sweet potatoes.

Choose healthy fats

- ♥ Limit saturated fat such as butter or lard, and use unsaturated oils such as canola, olive, safflower, soybean, and sunflower oil.
- ♥ Enjoy healthy fats by eating avocados, olives and walnuts, and fish.
- ♥ Look for dairy products that are low-fat or fat-free, including milk, cheese, yogurt, or fortified plant-based alternatives.

Vary your protein

- ♥ Enjoy lean meats, poultry, fish, eggs, beans, lentils, nuts, and soy foods such as tofu and tempeh.

Make half of your grains whole grains

- ♥ Enjoy whole-wheat bread, pasta and tortillas. Also try oats, barley, quinoa, and brown rice.

Lower your sodium intake

- ♥ Limit processed foods such as processed meats and pre-packed entrees, frozen pizza, and burritos.
- ♥ Look for low-sodium products or foods without added salt. For example, check for no added salt or low-sodium versions of canned foods such as beans and broth.
- ♥ Add flavor without using salt. Try using spices and herbs such as minced garlic, parsley and dill, citrus juices, and zest.

Cut on sugar

- ♥ Limit candy, baked goods, and desserts.
- ♥ Limit sugary beverages such as soda, energy drinks and coffee drinks.



Reduce Your Cancer Risk and Boost Healthy Survivorship by Adding More Plant Foods.



Veggies & Fruits



Whole Grains



Plant Proteins



Water



Processed Foods



Refined Grains



Red & Processed Meats



Sugary Drinks

Processed Meat vs. Red Meat

What is Processed Meat?

Meat that has been transformed through salting, curing, fermentation, smoking or other processes to enhance flavor and improve preservation.

Examples:



What is Red Meat?

All mammalian muscle meat.

Examples:



CANCER ASSOCIATED WITH EATING...

Processed Meat

- Causes colorectal cancer
- Association seen with stomach cancer

Red Meat

- Association seen with colorectal cancer
- Evidence of links with pancreatic and prostate cancer

WHAT IS THE RISK OF EATING...

Processed Meat

Every .11 pounds (50 grams) of processed meat eaten daily **INCREASES COLORECTAL CANCER RISK BY ABOUT 18%.**

Example:



Red Meat

The evidence that red meat causes cancer is not as strong. But some data suggests that for every .22 pounds (100 grams) of red meat eaten daily, the **RISK OF COLORECTAL CANCER INCREASES BY 17%.**

Example:



Source: World Health Organization

Healthy Eating on a Budget

Diabetes Information for You and Your Family

Did you know ?

Healthy eating is an important part of managing diabetes. Eating healthy doesn't mean you need to buy costly foods. Many of the foods you already prepare for yourself and your family are healthy.



What are healthy foods?

- ✓ Foods in a more natural state
- ✓ Foods low in sodium and added sugars
- ✓ Fresh, grown, and gathered foods
- ✓ Fruits and vegetables—fresh, frozen, or canned

Examples include:

Vegetables:

Carrots, leafy greens, peppers, squash, onions



Proteins:

Beans, eggs, meat, fish, poultry, nuts



Whole Grains:

Whole grain corn meal, bread and pasta, wild and brown rice, oats



Fruits:

Apples, bananas, oranges, berries



Ways you can eat healthy and save money

1 Plan your meals

- ❖ Think about the foods that your family enjoys. Start planning with one meal, such as dinner.
- ❖ Start by writing your meal ideas down.
- ❖ Consider using a [Weekly Meal Plan](#).
- ❖ Plan easy-to-make meals for when you won't have a lot of time.

2 Make a grocery list

- ❖ Keep an ongoing list of foods you need.
- ❖ Check to see which foods you have on hand.
- ❖ Limit adding costly processed foods such as chips, cookies, donuts, soda pop, and packaged meals.



More ways you can eat healthy and save money

3 Plan your shopping trip



- Take a freezer bag or cooler if you are far from home.
- Check the store ads for sales. Join the store's loyalty program for offers and discounts.
- Eat before you shop. It helps you stick to your list.

4 Save money while you shop



- Look for in-store markdowns.
- Buy store brands. They taste similar to name brands, but cost less.
- Buy fruits and vegetables in season. See - [Seasonal Produce Guide](#).

5 Cook at home



- Eat healthier and save money by cooking at home.
- Cook traditional foods with family to celebrate culture.

Helpful Tips

- Buy healthy foods in bulk. Divide into servings and store.
- Rinse canned vegetables to remove added salt.
- Frozen and canned vegetables are easy to add to meals.

Getting enough healthy foods

Sometimes it may be hard to get enough healthy food. Consider a family garden, joining a community garden, hunting, or gathering what you can from the land and water.

Learn about nutrition assistance programs. Your healthcare team may know about food support options such as:

- Food pantries and/or farmer's markets.
- [Federal Food Assistance Resources](#).
- USDA National Hunger Hotline: 1-866-3-HUNGRY (1-866-348-6479)

Healthy Recipes

[Get Fresh! Cooking](#) – Recipes from the Chickasaw Nation and USDA.

[MyPlate Kitchen Recipes](#) – Videos, seasonal recipes, food safety and more.

[Diabetes Food Hub](#) – Friendly recipes from the American Diabetes Association.

[Spend Smart-Eat Smart](#) – Ways to cut food costs. Iowa State University Extension & USDA.

Sample Grocery List



- ☐ Vegetables
- ☐ Fruits
- ☐ Wild or brown rice
- ☐ Whole grain cereals and breads
- ☐ Eggs
- ☐ Beans
- ☐ Chicken or turkey
- ☐ Fish
- ☐ Beef or Pork – leaner cuts: round and loin



QUITTING TAKES HARD WORK AND A LOT OF EFFORT, BUT—

You Can Quit Smoking

SUPPORT AND ADVICE
FROM YOUR CLINICIAN



A PERSONALIZED QUIT PLAN FOR: _____

WANT TO QUIT?

- ▶ Nicotine is a powerful addiction.
- ▶ Quitting is hard, but don't give up. **You can do it.**
- ▶ Many people try 2 or 3 times before they quit for good.
- ▶ Each time you try to quit, the more likely you will be to succeed.

GOOD REASONS FOR QUITTING:

- ▶ You will live longer and live healthier.
- ▶ The people you live with, especially your children, will be healthier.
- ▶ You will have more energy and breathe easier.
- ▶ You will lower your risk of heart attack, stroke, or cancer.

TIPS TO HELP YOU QUIT:

- ▶ Get rid of ALL cigarettes and ashtrays in your home, car, or workplace.
- ▶ Ask your family, friends, and coworkers for support.
- ▶ Stay in nonsmoking areas.
- ▶ Breathe in deeply when you feel the urge to smoke.
- ▶ Keep yourself busy.
- ▶ Reward yourself often.

QUIT AND SAVE YOURSELF MONEY:

- ▶ At over \$5.00 per pack, if you smoke 1 pack per day, you will save more than \$1,800 each year and more than \$18,000 in 10 years.
- ▶ What else could you do with this money?



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Public Health Service

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FIVE KEYS FOR QUITTING

YOUR QUIT PLAN



1. GET READY.

- ▶ Set a quit date and stick to it—not even a single puff!
- ▶ Think about past quit attempts. What worked and what did not?

1. YOUR QUIT DATE:



2. GET SUPPORT AND ENCOURAGEMENT.

- ▶ Tell your family, friends, and coworkers you are quitting.
- ▶ Talk to your doctor or other health care provider.
- ▶ Get group or individual counseling.
- ▶ For free help, call 1-800-QUIT NOW (784-8669) to be connected to the quitline in your State.

2. WHO CAN HELP YOU:



3. LEARN NEW SKILLS AND BEHAVIORS.

- ▶ When you first try to quit, change your routine.
- ▶ Reduce stress.
- ▶ Distract yourself from urges to smoke.
- ▶ Plan something enjoyable to do every day.
- ▶ Drink a lot of water and other fluids.
- ▶ Replace smoking with low-calorie food such as carrots.

3. SKILLS AND BEHAVIORS YOU CAN USE:



4. GET MEDICATION AND USE IT CORRECTLY.

- ▶ Talk with your health care provider about which medication will work best for you:
- ▶ Bupropion SR—available by prescription.
- ▶ Nicotine gum—available over the counter.
- ▶ Nicotine inhaler—available by prescription.
- ▶ Nicotine nasal spray—available by prescription.
- ▶ Nicotine patch—available over the counter.
- ▶ Nicotine lozenge—available over the counter.
- ▶ Varenicline—available by prescription.

4. YOUR MEDICATION PLAN:

Medications: _____

Instructions: _____



5. BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS.

- ▶ Avoid alcohol.
- ▶ Be careful around other smokers.
- ▶ Improve your mood in ways other than smoking.
- ▶ Eat a healthy diet, and stay active.

5. HOW WILL YOU PREPARE?

Quitting smoking is hard. Be prepared for challenges, especially in the first few weeks.

Followup plan: _____

Other information: _____

Referral: _____



Nicotine Gum

(Based on How to Use Nicotine Gum- Center for Disease Control)

- **Nicotine gum is not like regular chewing gum.** To use it correctly, bite down slowly on the gum until you feel a tingling in your mouth. Then “park” the gum between the inside of your cheek and your gums. Hold it for about a minute to let the nicotine absorb into your body. Then repeat this “chew” and “park” process until the tingling stops (usually about 30 minutes), occasionally changing where you “park” the gum in your mouth.
- **Nicotine gum can** be used every 1-2 hours by itself to control withdrawal symptoms, or it may be used as needed for stronger cravings when used in combination with nicotine patch.
- **For best results, make sure you start on the right dose.** The nicotine gum comes in two strengths (2 mg and 4 mg). The right dose for you depends on when you usually have your first cigarette each day and how much you are currently smoking. If you have your first cigarette within 30 minutes of waking, you should consider starting with the 4 mg dose..
- **Use one piece of gum every 1-2 hours for the first 6 weeks of your quit attempt.** Try to think ahead about when you might get a craving for a cigarette, and then use a piece of gum **before** the craving happens.
- **If you are using the gum along with the nicotine patch,** you may not need to use the gum as frequently because you will use it when you get or expect a craving. Do not use more than 24 pieces of gum per day.
- **If you use fewer than 10 cigarettes per day, or do not smoke every day,** talk with your doctor or other healthcare provider about dosing. They may want you to start on a lower dose and use the gum less frequently.
- **Do not eat or drink for 15 minutes before or during use.** Food and drinks that are acidic, such as soda and coffee, can stop the gum from working as well.
- **Keep out of reach of children and pets.** Nicotine gum may have enough nicotine to make children and pets sick. Store the gum out of reach of children and pets, and when you are done chewing a piece, wrap it in paper and immediately throw it in the trash. In case of accidental use or ingestion, contact a Poison Control Center right away (1-800-222-1222).

The 101 on e-Cigarettes

Vaping among teens continues to be a concern. In 2024, more than 1.6 million U.S. middle and high school students used e-cigarettes, a significant decline from the more than 2 million who did in 2023.



What is an e-cigarette?

Electronic cigarettes, or e-cigarettes, are battery-powered devices that can deliver nicotine and flavorings to the user in the form of an aerosol. Most have a battery, a heating element and a place to hold the e-liquid.

Flavors that make e-cigarettes so appealing, such as cherry or vanilla, can have toxic effects themselves when inhaled, although they are generally recognized as safe when ingested in food or drinks.

What is vaping?

Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes do not produce tobacco smoke, but rather an aerosol, often mistaken for water vapor, that actually consists of fine particles. Many of these particles contain varying amounts of toxic chemicals, which have been linked to heart and respiratory diseases and cancer.

Why are e-cigarettes unsafe for kids, teens and young adults?

- Nicotine can harm the developing adolescent brain
- E-cigarettes contain nicotine
- Nicotine addiction that occurs with e-cigarette use may lead to transition to use of combustible tobacco products
- Addiction itself, whether to nicotine or other drugs, can drive undesirable behaviors





What do e-cigarettes look like?

E-cigarettes come in a wide variety of shapes and sizes; **mini** (often called cig-a-like), **mid-size**, **vape pens**, **vape pod systems**, **e-hookahs**, **e-cigars**, **advanced personal vaporizers or mods**; even ones shaped to look like pens and usb drives.

Tobacco companies addict our children, but the kids are the ones being punished.

Slick marketing tactics and flavored tobacco products have contributed to addicting our kids to nicotine once again.



This addiction is causing our kids to bring their e-cigarettes to school, where they use and influence other students to try.



Schools often punish the addicted students through suspension. **Studies show suspension increases the likelihood of negative educational outcomes.**

The American Heart Association is working with schools to help treat nicotine addiction while keeping kids in schools.

What can parents do?

- Do not use any tobacco products
- Talk with your kids about the dangers of smoking and the importance of avoiding any tobacco use (conventional cigarettes or e-cigarettes)
- Educate your kids that e-cigarettes contain nicotine, a **HIGHLY** addictive substance
- Advocate for comprehensive tobacco prevention policies (that include e-cigarettes)

[HEART.ORG/ANTIVAPING](https://www.heart.org/antivaping)



Connecting Prevention Specialists to Native Communities

Sacred and Ceremonial Use of Tobacco in Native American Communities

Sacred and Ceremonial Use of Tobacco

Traditional tobacco has been used for centuries by many Native American and Alaska Native communities as an essential element for spiritual, ceremonial and cultural purposes. Traditional tobacco is natural and comprises of tobacco and/or other plant mixtures grown or harvested with strict guidelines with different tribes having their own unique ways and is fundamentally different from commercial tobacco. Traditional tobacco is sacred and should only be used with awareness and respect.

Commercial tobacco is different from traditional tobacco in the way it is grown, harvested, prepared and used, however because of the Native American cultural connection to tobacco, commercial tobacco manufacturers have targeted Native Americans and Alaska Natives, misappropriating the culture for marketing and other commercial purposes, thus influencing tobacco disparities among racial and ethnic minority groups including Native Americans.

Electronic nicotine delivery systems (ENDS), or e-cigarettes are also a form of commercial tobacco that have been sold as being less harmful and cooler for young people. Tobacco companies are actively marketing and promoting vaping to Native American youth. The extent of long-term health effects by e-cigarettes is still being studied, however the Center for Disease Control (CDC) has stated that e-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products.

Some Uses of Traditional Tobacco

- Prayer, healings and blessings
- Medicine
- Smudging
- Gifts for welcoming guests
- Gifts for requesting prayer or sharing of wisdom
- Creation stories
- Pest deterrent

Some Medicinal Uses of Traditional Tobacco

- Asthma
- Childbirth pain
- Toothaches
- Earaches
- Insect bites
- Coughs
- Open wounds
- Snakebites
- Headaches
- GI disorders
- Rheumatism
- Convulsions

Differences Between Traditional Tobacco and Commercial Tobacco

Traditional Tobacco	Commercial Tobacco
Traditional tobacco is Sacred and used for ceremonies, medicine, gifts and other cultural and spiritual purposes	Not sacred, sold for profit and used for pleasure
Used with respect	Not used with respect
Used appropriately with awareness, in moderation in community and social context	Used individually as a personal choice for recreation and or pleasure
Natural/like wild, in a state of nature, with no additives & absence of negative health consequences	Not natural, processed, has additives such as nicotine and thousands of other chemicals that cause cancer, heart disease, and other health problems
Not usually inhaled	Inhaled
Not addictive	Designed to be addictive

Contact for More Information:

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cph.uoiowa.edu/prevention

This project is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).



National American Indian & Alaska Native
Prevention Technology Transfer Center
Iowa's tobacco prevention and control research center

How to Offer Traditional Tobacco for Requests or as a Gift

Tobacco is often offered as a gift to open communication, to talk to elders, and to make requests to share knowledge and prayers.

Acquire Tobacco: try your best to get traditional ceremonial tobacco. However if you are not able to get that, you may buy loose tobacco without any additives from a tobacco store.

Obtain cloths and yarn/twine: purchase a natural (not synthetic) material cloth such as a broadcloth to place the tobacco in. The cloth should be taken to a sweat lodge and cleansed.

Prepare the tobacco offering: the tobacco tie should be prepared by the person making the offering. While preparing the tobacco, think about your request and have positive thoughts. Cut the fabric into a square (about 4 inches by 4 inches), put some tobacco in the center of the cloth, fold all the ends of the cloth together and tie the tobacco in the cloth with the yarn or twine. You do not have to give a full bag of tobacco for one request.

Offering the tobacco: When making a request with tobacco, it should be offered when you make your initial request and not right before you need the task to be done. This is necessary for those who want to use the tobacco to pray and seek guidance before carrying out your request. It is normal to offer tobacco to a speaker or facilitator as a gift for time spent or to welcome guests.



Sacred Ceremonial Pipes

Another important use of sacred tobacco is with the sacred ceremonial pipe used by several Native American cultures for spiritual ceremonies.

The sacred pipe is sometimes mistakenly referred to as the peace pipe because of the role of smoking the ceremonial pipe to seal a peace treaty, however this is only one of the uses of a sacred pipe by the tribes who use it. Other uses include personal prayer, collective rituals, and healing ceremonies.

Different tribes have their own name for the sacred pipe in their indigenous language. For example, The Lakota sacred pipe is called a *chanupa*, also spelled *chanuppa* or *c'anupa* (in Lakota: *chanuŋpa*), the Meskwaki sacred pipe is called *Ob-wa-kani* (*Opwaagan*), and the Chippewa (*Ojibwe*) sacred pipe is called *Powaagan/Opwaagan*.

Pipe Carriers and their traditional health practices are a key part of Native American cultures, because they are healers who represent a link to the creator. Sacred Pipe Carriers are individuals who have been acknowledged by one or more individuals from the community as healers with spiritual gifts. The community recognizes these individuals by offering them a pipe. Accepting the pipe and its inherent responsibilities as role models, teachers and leaders in the community makes them a pipe carrier.⁴

The sacred pipe is of spiritual significance and should always be treated with respect, care and used only in a sacred manner. It is also important to understand and respect the role of pipe carriers in Native American cultures and knowledge systems.



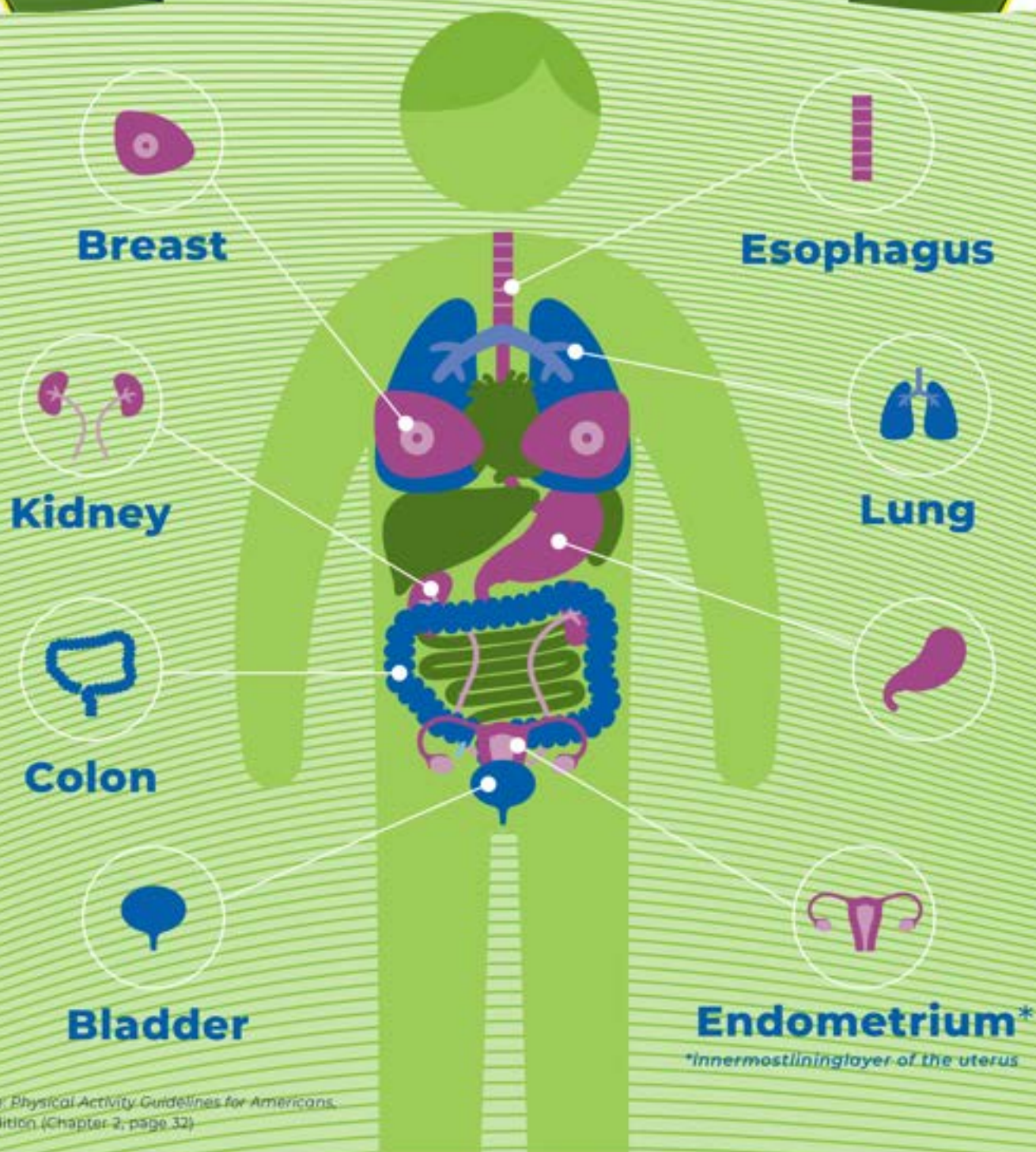
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Regular Physical Activity Helps Lower Your Cancer Risk



LEARN MORE AT
www.cdc.gov/physicalactivity/basics



7 seated exercises to help you keep moving

Alternate hand rotations



1

Place your hands on your knees. Turn one palm to face upwards and one palm to face downwards.



2

Alternate the palm which faces upwards. Try this action 20 times.

Nose and ear grabbing



1

Grab your nose with your left hand whilst grabbing your left earlobe with your right hand. Make sure to grab your ear and nose with a light touch using your index finger and thumb.



2

Clap your hands.



3

Repeat the nose and ear grabbing from the first step, but this time grab your nose with your right hand and your right earlobe with your left hand. Repeat this 20 times.

Marching



1

Raise your left leg up off the ground.



2

Place your left leg back down on the ground whilst raising your right leg up. Repeat this 20 times.



1

Raise your right leg up off the ground, whilst swinging your left arm up in the air.



2

Place your right leg back down on the ground whilst raising your left leg up. Repeat this 20 times.

Turning the upper body from side to side

Turning the upper body from side to side



1

With your legs and feet facing forward, twist your upper body to the right and grab the right under side of your chair with both hands.



2

Still with your legs and feet facing forward, now twist your upper body to the left and grab the left under side of your chair with both hands. Repeat this 20 times.

Canned food bicep curl



1

Take any canned food that you might have, for example a tin of soup or a can of chopped tomatoes. Hold the can in your left hand and lift the can towards your chin.



2

Lower your can back down towards your knee. Repeat this 20 times and then switch arms.

Arm raises



1

Sit with a straight back and your hands resting on your knees.



2

Raise both of your hands to the sky and then back down again to your knees. Repeat this 20 times.

Anything is better than nothing. So if you haven't been active for a while - start slow, build your confidence, and enjoy yourself!

If you need dementia support, we're here for you.

Call our Dementia Connect support line on 0333 150 3456.

Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity number 296645.



Sit Less, Move More

THE POWER OF MOVEMENT SNACKS

Long periods of sitting are not good for your health. Break up the time you spend sitting by adding in movement snacks, which are short bursts of physical activity that last from 30 seconds to five minutes. Movement snacks help get your heart pumping, reduce joint stiffness and boost energy levels. **Sitting less and moving more are powerful steps in a healthy direction. Start with a few movement snacks that fit into your daily routine. Try any of these:**

March in place

Stand up and march in place for a few minutes. Or walk around the room. Try to move your arms too.



Seated leg lifts

While seated, straighten one leg at a time. Hold each leg up for a few seconds. Repeat 10–15 times.



Arm circles

Extend your arms out at your sides. Make small circles forward and backward for a few minutes. Make large circles too.



Wall push-ups

Place your palms flat against a wall. Bend your elbows and lean toward the wall, then straighten your arms. Return to starting position. Repeat 10–15 times.



Diabetes Information for You and Your Family

How To Get Started Walking

Why walk?

Our bodies are meant to get up and walk—to the mailbox, down the road, around the neighborhood.

Walking can help you stay healthy and live longer so you can:

- Be there for your children, grandchildren, and other family members.
- Be an active and helpful member of your community.
- Serve as an Elder and share your wisdom.

All you need is a sturdy pair of shoes, a few minutes, and a safe place to walk. Give walking a try!

How does walking help?

Walking helps your mind, body, spirit, and emotions. It can help you:

- Have more energy by keeping your blood sugar, blood pressure, cholesterol, and weight in good ranges.
- Stay active and prevent injuries by keeping your muscles and bones strong.
- Feel calmer and less stressed by lifting your spirits.

Is walking right for you?

Walking is right for most people. If you are not sure that walking is right for you, ask your health care provider:

- Is walking right for me?
- How much walking is right for me?
- Do I need to check my blood sugar before and/or after I walk?

How can you get started?

Start slowly. You may be able to walk only a few minutes at first. That's okay. Try these tips for getting started:

- Walk at your own pace.
- Walk up and down your driveway or around your home.
- Walk around while you watch TV or talk on the phone.
- Park a little farther from the store.

Try to build up to walking 3 to 5 minutes, 2 or 3 times a day. With time, you may be able to walk farther and go faster. Keep track of the minutes you walk. You may even find that you feel better and stronger.



"I started walking so I will be healthier and less stressed. I want to be there for my family for a long time."

Gloria Anico, Kickapoo / Seminole Tribes, Oklahoma



How To Get Started Walking

What may keep you from walking?

There are many reasons people do not walk:

- They feel they are too busy.
- They feel tired, sad, or sluggish.
- They feel out of shape or have aches and pains.
- They feel shy about walking. They may worry that people will think they are showing off.
- All of these feelings are common. With a little time, and by walking a few minutes each day, these feelings often pass.
- **Remember:** You are walking not just for yourself, but to be there for the people you love.

Imagine looking forward to your walks.

- Picture walking as an inspirational part of your day – a special time either alone or with others.
- Be thankful while walking. Give thanks to the people who have gone before you. Be grateful for your body, your family, and friends.
- Enjoy the outdoors. Walk in the woods, along a dirt path, in a park, or by the ocean.
- Make it family time with your children or grandchildren.
- Walk with friends. Find a walking partner or two. Laugh and have fun.

Today is a good day for a walk!

By starting to walk, you are taking care of your diabetes so you can be there for your family and your community.

I think walking will help me:

To start walking, I will:

- Walk at these times: _____
- Walk at these places: _____

Other steps I will take:

See *How To Walk Farther and Faster* for tips on walking more.

Go to www.ihs.gov/diabetes and search **walking** in the upper right corner of webpage.

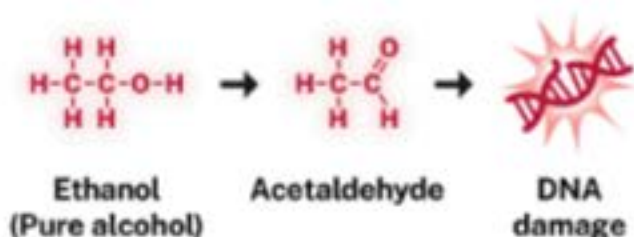


Four ways alcohol can cause cancer



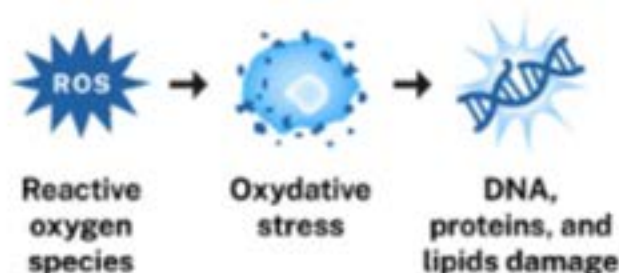
MECHANISM A

Alcohol breaks down into **acetaldehyde** which damages DNA in multiple ways, causing an increased risk of cancer.



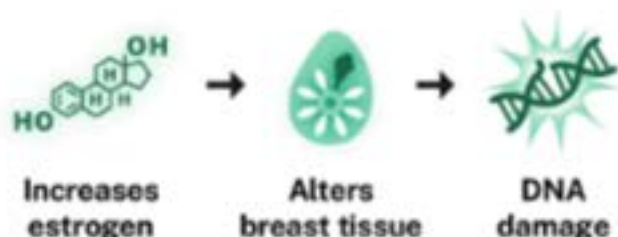
MECHANISM B

Alcohol induces **oxidative stress**, increasing the risk of cancer by damaging DNA, proteins, and cells and increasing inflammation.



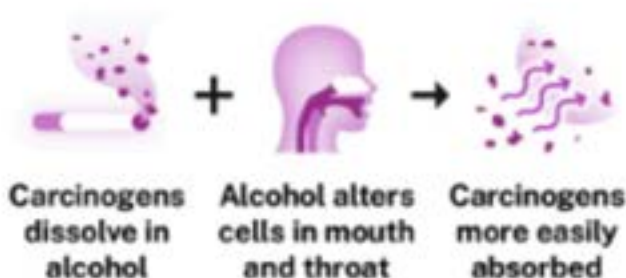
MECHANISM C

Alcohol alters **levels of multiple hormones**, including estrogen, which can increase breast cancer risk.



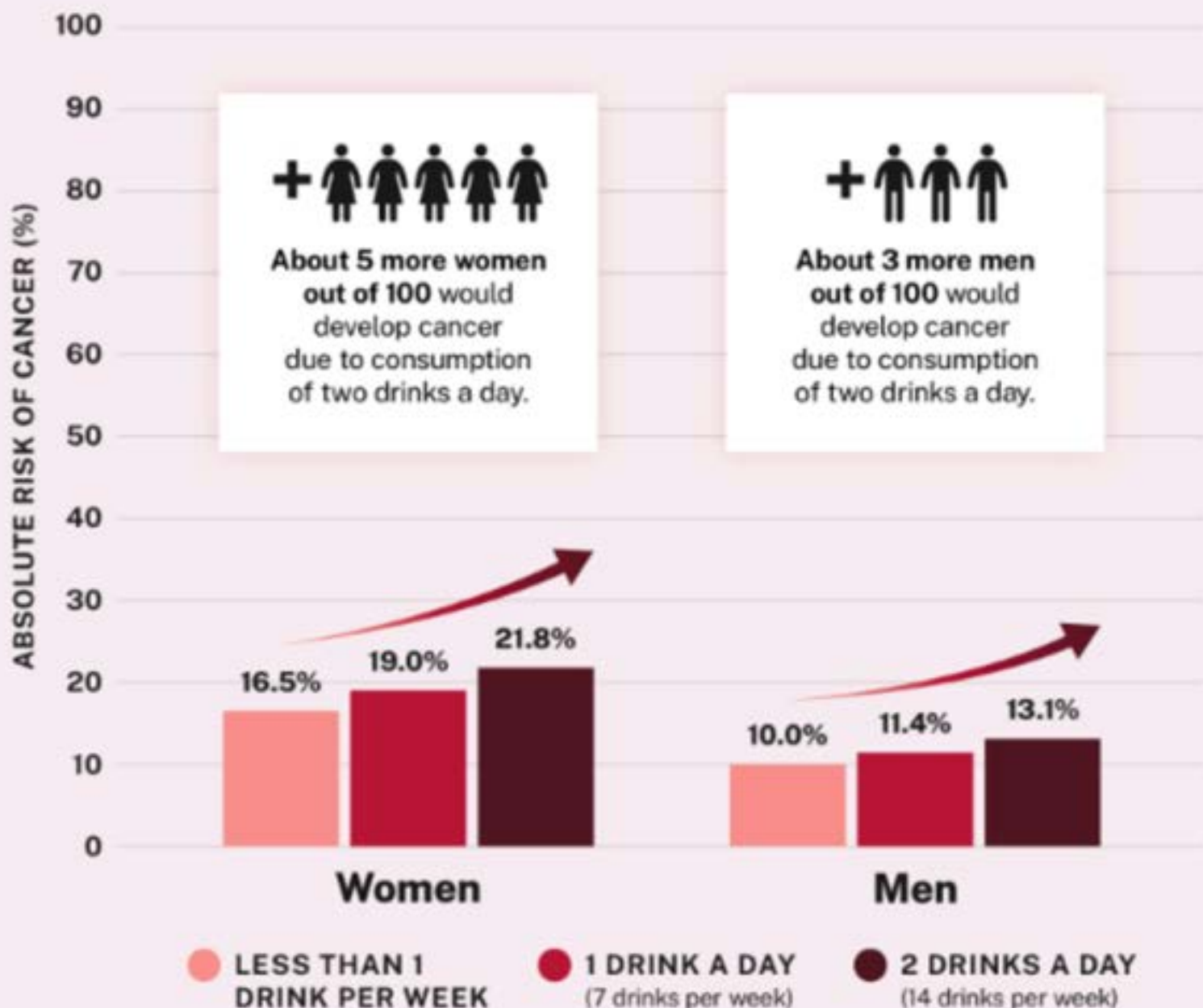
MECHANISM D

Alcohol leads to greater absorption of **carcinogens**.



*Rumgay et al. (2021) reviewed these four mechanisms through which alcohol can cause cancer along with several other possible pathways that appear to influence cancer risk. These include disruption of one-carbon metabolism, alteration of retinoid metabolism, and impaired immune function among others.

Higher alcohol consumption increases alcohol-related cancer risk in women and men

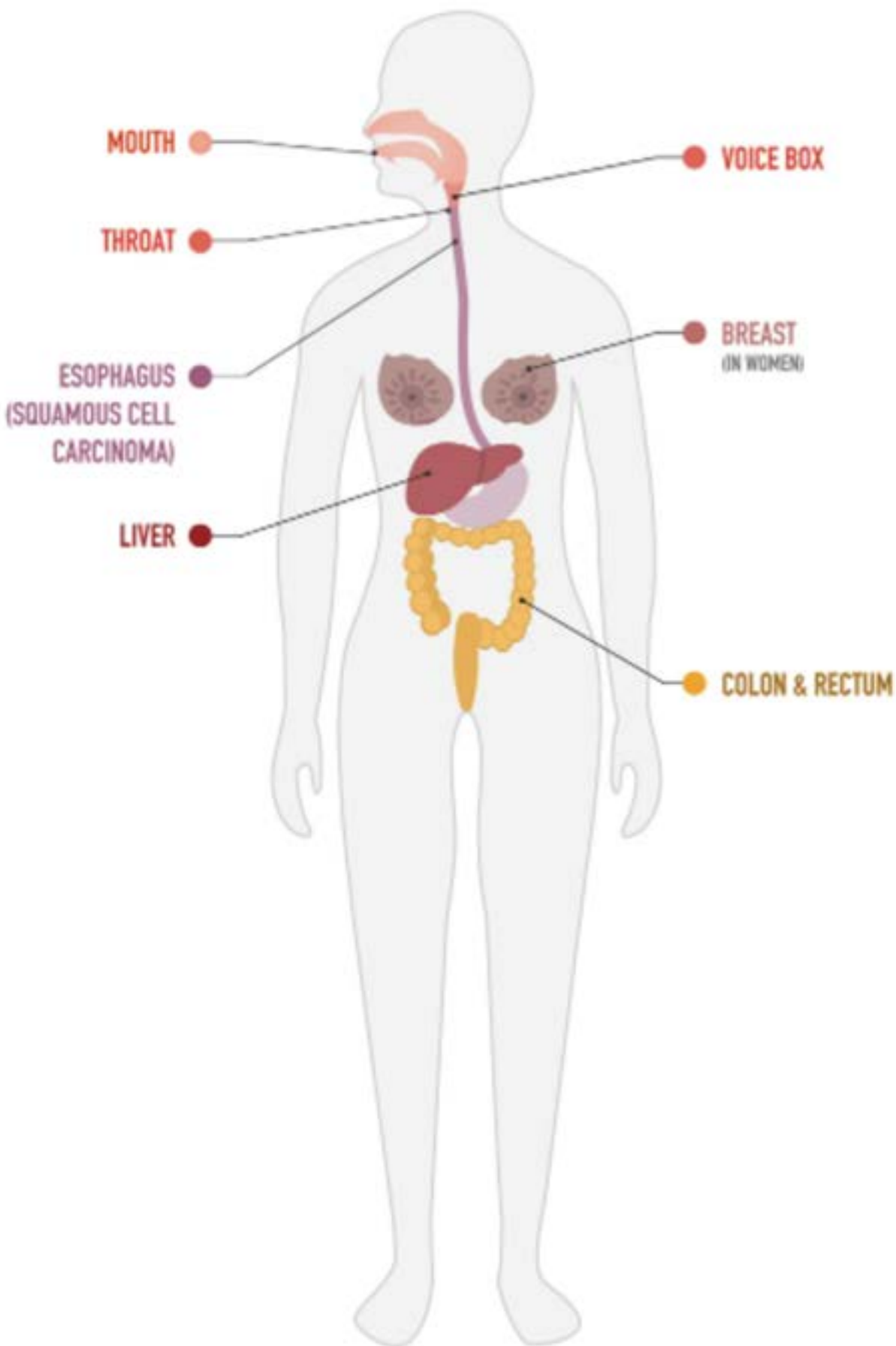


This graph represents the cumulative absolute risk of alcohol-related cancer in women and men over the lifespan by age 80. Alcohol-related cancer includes breast, colorectum, esophagus, liver, mouth, throat, and voice box cancers.

Source: Calculated with data from Sarich, P., Canfell, K., Egger, S., Banks, E., Joshy, G., Grogan, P., & Weber, M. F. (2021). Alcohol consumption, drinking patterns and cancer incidence in an Australian cohort of 226,162 participants aged 45 years and over. *British journal of cancer*, 124(2), 513–523. <https://doi.org/10.1038/s41416-020-01101-2>



Cancers Associated with Drinking Alcohol



Dietary Guidelines for Americans on Alcohol

Limit intake to:



Don't drink at all if you:

- Are pregnant or might be pregnant.
- Are younger than age 21.
- Have certain medical conditions or are taking certain medications that can interact with alcohol.
- Are recovering from an alcohol use disorder or are unable to control the amount you drink.

www.cdc.gov/alcohol



331729-A

US Standard Drink Sizes



12 ounces beer
5% ABV



8 ounces malt liquor
7% ABV



5 ounces wine
12% ABV



1.5 ounces distilled spirits
(gin, rum, vodka, or whiskey)
40% (80 proof) ABV

Alcohol by volume (ABV) refers to the strength of the alcoholic beverage.

www.cdc.gov/alcohol



COLON CANCER SCREENINGS

(Stool Test or Colonoscopy)

What it is:

Either a stool test (at home, through the mail!) or a colonoscopy (camera up your large intestine).

When to do it:

- Start at age 45.
- Repeat every 10 years for colonoscopy or every 1–3 years for stool tests.
- Earlier if you have a family history or symptoms

Why it matters:

- Finds and removes polyps before they turn into cancer.



LUNG CANCER SCREENINGS

Not just for current smokers!

Lung Cancer (LowDose CT Scan)

Recommended for adults ages 50–80 who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years.

Screening is done annually with a low-dose CT scan that can catch lung cancer early, when it's most treatable.

What to Expect

The scan is quick, painless, and non-invasive.

Talk to your primary care provider about whether you qualify based on your health history and risk factors.

Why It Matters

Lung cancer is often found late—but it doesn't have to be. Screening can save lives.



BREAST CANCER SCREENINGS

(Mammogram)

What it is:

A low-dose X-ray to check breast tissue for lumps before you can feel them.

When to do it:

- Ages 40–49: Talk to your doctor about when to start.
- Ages 50–74: Every 1–2 years.
- Over 75: Depends on your overall health.

Why it matters:

- Early detection = less intense treatment and better outcomes.



CERVICAL CANCER SCREENINGS

(Pap + HPV Test Combo)

What it is:

A test that collects cells from your cervix to check for abnormal changes or HPV.

When to do it:

- Ages 21–29: Pap test every 3 years.
- Ages 30–65: Pap + HPV test every 5 years, or Pap alone every 3 years.
- Over 65: May not need it anymore. Ask your doctor.

Why it matters:

- Finds pre-cancer before it becomes cancer. Like hitting “undo” on cellular chaos.



Hear Her

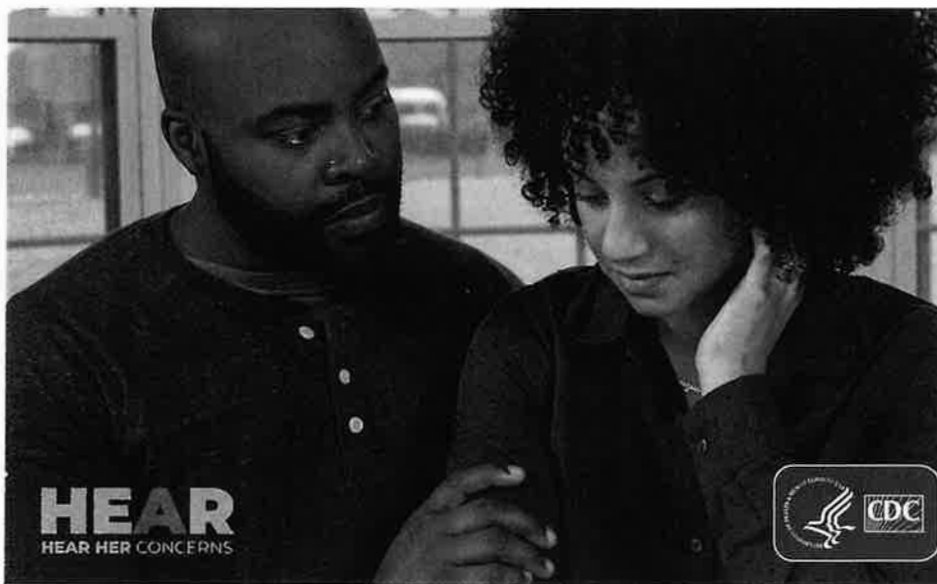
If your loved one shares that something doesn't feel right, here are some talking points to help with the conversation:

During Pregnancy

- It's hard to tell what's normal with everything that's changing right now. It's better to check if there's anything you are worried about.
- It's important that we share this information with your doctor and make sure everything is okay.
- I am here for you. Let's talk to a healthcare provider to get you the care you need.

After Pregnancy

- It's normal to feel tired and have some pain after giving birth, but you know your body best. If something is worrying you, you should talk to your doctor.
- Although your new baby needs a lot of attention and care, it's important to take care of yourself, too.
- You are not alone. I hear you. Let's talk to a healthcare provider to get you the care you need.





How Can You Help?

If a pregnant or recently pregnant woman expresses concerns about any symptoms she is having, **take the time to Hear Her**. If she says something **doesn't feel right**, **encourage her to seek medical help**. If she is experiencing an urgent maternal warning sign, she should get medical care right away. Be sure that she says she is pregnant or was pregnant within the last year.

Learn the urgent maternal warning signs:

- Severe headache that won't go away or gets worse over time
- Dizziness or fainting
- Thoughts about harming yourself or your baby
- Changes in your vision
- Fever of 100.4° F or higher
- Extreme swelling of your hands or face
- Trouble breathing
- Chest pain or fast-beating heart
- Severe nausea and throwing up (*not like morning sickness*)
- Severe belly pain that doesn't go away
- Baby's movement stopping or slowing down during pregnancy
- Vaginal bleeding or fluid leaking during pregnancy
- Heavy vaginal bleeding or leaking fluid that smells bad after pregnancy
- Swelling, redness or pain of your leg
- Overwhelming tiredness

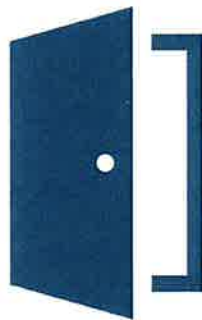
Learn more about CDC's Hear Her Campaign at www.cdc.gov/HearHer.

Know Your Workplace LACTATION RIGHTS

Issue	Pump Act 2023
Break time	Reasonable breaks must be provided as often as needed. An employee must be relieved from duty or paid for their break time. If an employee is not completely relieved from their work duties while pumping, the pumping time counts as time worked when calculating minimum wage and overtime.
Lactation Space	Not a bathroom. A clean, private, free from intrusion and shielded from view space. This may be a temporary space.
How long?	One year following birth.
Workers Covered	All workers, except airline flight crewmembers. Certain railway & motorcoach employee's coverage starts 12/29/2025.
Employers Covered	All employers Those with fewer than 50 employees may be exempt in rare cases if they can prove "undue hardship."
Enforcement	- U.S. Dept. of Labor, Wage & Hour Division, (913) 551-5721. - An employee may file a lawsuit for monetary remedies against an employer who breaks the law.
Need help or information	- Center for WorkLife Law at (415) 703-8276 or hotline@worklifelaw.org - A Better Balance at (833) 633-3222 or abetterbalance.org/get-help - Nebraska Breastfeeding Coalition https://nebreastfeeding.org/



TIME TO PUMP



PRIVATE LOCATION



PROTECTED BY LAW

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Nebraska Medicaid has expanded its coverage for pregnant members.

Previously covered through 6 weeks postpartum, the program has extended coverage to 12 months postpartum. Medical providers are encouraged to accept patients who have Medicaid, caring for patients in all stages of reproductive health. Postpartum issues and inter-conception care can now be addressed adequately and proactively. The 12-month postpartum extension includes coverage of services for physical and behavioral health, dental and vision, as well as family planning.

Please note: the Medicaid 12-month postpartum extension does not apply to pregnant mothers whose unborn child is covered under 599 CHIP.

If you have questions about the Medicaid Program, you can contact Medicaid Customer Service through the following:

Phone: (402) 471-9128

Toll Free Number: (877)255-3092

Email: DHHS.MedicaidProviderEnrollment@nebraska.gov

Breast Milk is Just Right for Your Baby

- Breast milk is the only natural food made just for baby and it's easy to digest.
- Breastfeeding protects your baby's immune system and fights diseases, which helps keep your baby healthy.

Breast milk changes as your baby grows, with just the right amount of fat, sugar, water and protein providing all the nutrients and antibodies to help your baby grow.

An Ancient Art for Modern Times

Babies receive many benefits from breastfeeding. Breastfeeding provides protection and reduces the risk of:

- Ear infections
- Respiratory infections
- Stomach viruses and diarrhea
- Asthma
- Diabetes
- Childhood leukemia
- Obesity
- Sudden Infant Death Syndrome (SIDS)

For more information please visit our website:
[http://dhhs.ne.gov/publichealth/MCAH/Pages/](http://dhhs.ne.gov/publichealth/MCAH/Pages/MaternalAndInfant.aspx)

[MaternalAndInfant.aspx](http://dhhs.ne.gov/publichealth/MCAH/Pages/MaternalAndInfant.aspx)

Department of Health & Human Services



Breastfeeding Benefits Moms Too

Breastfeeding keeps mothers healthy. Breastfeeding decreases the risk of

- Diabetes
- Breast cancer
- Ovarian cancer
- Postpartum depression

Many studies also show an increase in weight loss.

Once established, breastfeeding can make life easier with no bottles or nipples to wash. Breast milk is ready made and available, no need to buy, measure, mix or warm.

Breastfeeding can save money, up to \$1,500 each year! Breastfeeding keeps baby healthy, lowering health care costs and fewer missed days from work.

Breastfeeding is Good for Society

Breastfeeding is better for the environment with no trash and plastic waste. Breast milk requires no packaging, shipping or disposal.

There are nationwide benefits when mothers breastfeed. "Recent research shows that if 90 percent of families breastfed exclusively for 6 months, nearly 1,000 deaths among infants could be prevented. The United States would also save \$13 billion per year – medical care costs are lower for fully breastfed infants than never – breastfed infants. Breastfed infants typically need fewer sick care visits, prescriptions, and hospitalizations."

<http://womenshealth.gov/breastfeeding/>



A decorative graphic in the top right corner features a semi-circular arrangement of light-colored wooden blocks. Some blocks have dark brown medical icons: a heart with an ECG line, a syringe, a blood drop, a stethoscope, a clipboard with a checklist, a computer monitor with a pulse line, and a first aid kit. A dark grey circle is overlaid on the blocks, containing the clipboard and monitor icons.

HI THERE!

In today's complicated and often impersonal healthcare system, knowing how to advocate for yourself isn't just helpful—it's essential. You can't rely on overbooked doctors, rushed appointments, or glitchy patient portals to magically solve your health issues. Learning to speak up, ask questions, and push for what you need isn't being difficult—it's being smart. Because, like it or not, no one cares about your health as much as you do (not even your mom, and she once cut your grapes in half). Whether you're navigating a diagnosis, chasing down test results, or just trying to get someone to make eye contact, self-advocacy is the skill that makes sure your voice actually gets heard.



HEALTH ADVOCACY FOR ALL

1. Know Your Stuff (aka Your Body, Not Your Doctor's Guess)

- Keep a record: Medications, symptoms, allergies, and past conditions.
- Learn basic terms related to your health—don't let “medical speak” turn into “shut up and nod.”
- Use apps or a notebook like it's your weird little health diary.

2. Ask Like You Mean It

- “What are my options?” is not rude. It's smart.
- If something feels off, say so. Even if you were raised to smile politely while being crushed.
- Ask for clarification. “What does that mean in normal English?” is a valid question.

3. Bring a Buddy

- Another human = second pair of ears + witness + emotional backup.
- Your mom, your friend, or even your weird neighbor who watches medical dramas obsessively.

4. Get It In Writing

- Ask for visit summaries. Don't rely on memory (it's not that good, be honest).
- Get instructions and next steps on paper—or in email.

YOUR MEDICAL RECORDS

Your health history isn't classified.



Why They Matter

- Medical records help you track your health, get second opinions, and prevent repeated tests or wrong treatments.

How to Access Them

- Request through your provider's portal or medical records department.
- You have a legal right to your records—don't let anyone act like you don't.

What to Do With Them

- Keep a digital or paper file with test results, diagnoses, procedures, and meds.
- Bring relevant records to appointments.



BE YOUR KID'S SUPERHERO

1

Be the Reporter, Not the Editor

- Tell the doctor exactly what you've seen. Don't clean it up. Don't guess what's "relevant."
- "She threw up purple stuff" is better than "she seemed a little unwell."

2

Permission to Interrupt

- If a doctor is speaking Martian, stop them. Ask:
 - "What does that mean?"
 - "Is there another way to treat this?"
 - "What should I be watching for at home?"

3

Your Kid's Voice Matters Too

- If your child is old enough, let them describe how they feel in their words.
- Doctors need to hear it from the source, even if it's "my tummy feels like sad spaghetti."

4

You Are Not a Nuisance

- Calling back. Asking for clarification. Requesting a second opinion.
- You're not "being difficult." You're keeping a small human alive. That's kind of the job.



AGE IS ONLY A NUMBER

DON'T DOWNPLAY SYMPTOMS

- Saying “It’s probably nothing” helps no one. You’re not wasting their time—unless you let them guess.
- Make a list before your appointment. Yes, a list. Even if it’s on a napkin.

BRING HELP (HUMAN OR TECH)

- Bring someone you trust to listen and take notes.
- Or use your phone’s voice recorder (with permission) if remembering is hard.

DEMAND CLARITY

- Ask for simple explanations. If the doctor won’t slow down, ask again.
- Say, “Can you explain that like I’m new to this?” (because you probably are).

TAKE YOUR TIME

- If you feel rushed, say it. You deserve time to understand your care.
- Schedule longer appointments if you have multiple concerns.

KNOW YOUR RIGHTS

- You can refuse treatment. You can ask for a second opinion.
- If something feels off, you’re allowed to press pause.





FIRST STEP...BUILDING YOUR CARE TEAM

Start with one doctor to (maybe) rule them all.

What is a PCP?

- A general healthcare provider who tracks your health over time and coordinates your care.

Why You Need One:

- Continuity, preventive care, easier referrals, and a doctor who actually remembers your name (sometimes).

What They Help With:

- Everyday stuff, weird symptoms, mental health check-ins, chronic conditions.

When to See Them:

- Yearly checkups, when you're sick, or when your gut says something is off.



FINDING SPECIALTY CARE PROVIDERS

When more specific health issues come up

What is a Specialist?

- A provider focused on specific areas of medicine.

How to Find One

- Ask your PCP, check your insurance, and research online.

What to Bring

- Records, questions, and possibly a companion.

Expect

- Wait times, confusing billing, and follow-ups.



COMMUNICATING WITH YOUR CARE TEAM

They have degrees. You have persistence.

Make a Connection

- Learn your provider's communication style: do they prefer phone calls, emails, portal messages?

Speak Clearly and Confidently

- Describe symptoms in specifics: When did it start? How often? How bad?

Don't Be Afraid to Repeat Yourself

- If you weren't heard the first time, say it again.

Follow Up

- Didn't hear back about a test? Call.
- Still confused about instructions? Ask again.

UNDERSTANDING YOUR INSURANCE

Key Terms to Know:

- Premium: What you pay monthly to have insurance.
- Deductible: What you pay out-of-pocket before insurance kicks in.
- Copay: Fixed amount you pay at the time of service.
- Coinsurance: Percentage you pay after meeting your deductible.



Smart Moves

- Always check if your provider is "in-network."
- Ask for an estimate before you agree to something that sounds expensive.
- Call your insurance customer service and ask dumb questions (they're used to it).



There is not such thing as a bad question. There are also multiple coverage options available to you for your healthcare needs!

MENTAL HEALTH ADVOCACY



Start the Conversation

- Say things like “I’ve been feeling really down lately” or “I think I need help managing anxiety.”
- You don’t need the perfect words—just honest ones.



Your PCP Can Help

Referrals to therapists, prescriptions, check-ins. They’re a starting point, not a final stop.

Finding a Therapist

- Use *Psychology Today*, insurance directories, or local clinics.
- Ask about approach, availability, and cost. Yes, it’s basically speed dating for your brain.



Emergency?

If you’re having thoughts of harming yourself or others, go to the ER or call 988. You are not a burden. You are a person who deserves help.

ADVANCE CARE PLANNING

Making decisions so things are clear later.

WHY IT MATTERS:

- if something happens and you can't speak for yourself this tells people what to do.

WHAT YOU NEED:

- Advance Directive: Legal doc that spells out what treatments you want or don't want.
- Healthcare Proxy: A trusted person to make medical decisions for you if you can't.

WHEN TO DO IT:

- Now: Before you're in a hospital bed staring at ceiling tiles.
- Share it with your PCP, your proxy, and anyone likely to panic and cry.



THE LAST WORD

UNIVERSAL RULES OF ADVOCATION

- You are allowed to ask questions.
- You are allowed to disagree.
- You are allowed to take up space.
- You are not a burden. You're a person trying not to fall apart in a system that often forgets people have, you know, feelings.





RESOURCES FOR NEBRASKA RESIDENTS

General Healthcare & Government Services

- Nebraska Department of Health and Human Services (DHHS) Main Line: 1-402-471-3121
- Nebraska Medicaid Eligibility Info:
<https://dhhs.ne.gov/Pages/Medicaid-Eligibility.aspx>
- Healthcare Marketplace & Insurance Help:
<https://www.healthcare.gov/>
- Find a Primary Care Provider or Clinic:
<https://findahealthcenter.hrsa.gov/>

Mental Health & Crisis Support

- Nebraska Family Helpline (24/7): 1-888-866-8660
- Boys Town National Hotline: 1-800-448-3000
- Behavioral Health Services by Region:
<https://dhhs.ne.gov/Pages/Behavioral-Health.aspx>

Advance Care Planning & Legal Assistance

- Advance Directive Forms (Nebraska-specific):
<https://dhhs.ne.gov/publichealth/pages/adadvance-directives.aspx>

Legal Aid of Nebraska: <https://www.legalaidofnebraska.org/>

Financial Assistance

All three health care systems in Omaha have financial assistance policies that provide care for those who cannot afford it. While this is not a guarantee of payment, if you do not have insurance and you need treatment you should explore financial assistance as an option. Below is a summary from each of the health care system websites. For more details, please see the individual health system website.

Nebraska Medicine-Our policy is written to ensure a fair and comprehensive system of distributing financial assistance to financially burdened patients in a manner that does not discriminate based on race, color, national origin, age, disability, sex, gender identity or sexual orientation. Please contact:

Nebraska Medicine
Attn: Patient Access – Financial Counseling
987530 Nebraska Medical Center Omaha, NE 68198-7530 Call
402.559.5346 www.nebraskamed.com/Patients/Financial-counseling

CommonSpirit (CHI)-CommonSpirit Health is dedicated to creating healthier communities by providing financial assistance to persons who have health care needs and are uninsured, underinsured, ineligible for a government program, or otherwise unable to pay. Advocating for the poor and vulnerable is both our mission and our passion. Please contact:

CHI Health Hospitals Eligibility and Enrollment Services
P.O. Box 660872, Dallas, TX 75266-0872 Phone: 844-286-5546
Fax: 469-803-4627 e-mail:CHIFA@coniferhealth.com
<https://www.chihealth.com/en/patients-visitors/financial-assistance.html>

Methodist Health System Methodist Health System (MHS) is a not-for-profit healthcare organization guided by a commitment to its mission and core values through compassionate service. It is both the philosophy and practice of each MHS facility and provider that medically necessary healthcare services are available to patients, and those in emergent medical need, without delay and regardless of their ability to pay. How to Apply or Obtain More Information

Methodist Health System Financial Assistance
825 South 169th Street P.O. Box 2797 Omaha, NE 68103
402-354-4230 or 888-485-4494
www.bestcare.org/FinancialAssistance

ONE STOP CANCER SHOP

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