



“We grew up with words we didn’t speak, like cancer.”

That’s the problem. There is too much silence about colon screening.”

**— Ruby James, Yakama
Portland, Oregon
Cancer Survivor**



Ruby was diagnosed with colon cancer at age 27. Since then, she has been diagnosed and treated many times. But Ruby will never give up — no matter what.

Her type of colon cancer runs in her family. Her grandchildren and daughter also have it. They all have to have regular colon screenings. But they go through it together...as a family.

“I think it is easy for many people to just give up and not work at staying healthy or going to get that screening test. It takes someone like me to sit and talk with them and hear my story...we need to talk to another person we trust about cancer.”

COLON SCREENING CAN SAVE YOUR LIFE.

Get screened after you turn 50. If you have a family history, start screening earlier. Don’t wait for your doctor to bring it up. Ask to have a colorectal wellness screening TODAY.

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ORGANIZATIONAL CONTACT INFORMATION:

**Urban Indian
C.A.R.E.S.**
(Colon and Rectal
Education and Screening)



Az Carmen, Ph.D., (Chickasaw) developed the C. A. R. E. S. logo after her husband’s cancer was prevented with colorectal screening. Her drawing shares her personal experience and shows how colorectal cancers are experienced not just by the patient, but by the entire family. The experience of colorectal cancer is tied to life, health, and family.