



**“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, OR 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.

For more information about CARES contact the Urban Indian Health Institute, Seattle Indian Health Board at (206) 812-3030 or [info@uihi.org](mailto:info@uihi.org). Supported by Grant from Prevent Cancer Foundation.

### **ORGANIZATION CONTACT INFORMATION:**

