

Honouring Our Health

Did you know that people who live in Northwestern Ontario have higher risk factors for cancer than anywhere else in the province? This means that too many people in our region smoke, drink too much alcohol, are overweight and inactive, and are not eating enough vegetables and fruits.

There are people in our communities who work hard to encourage us to Honour Our Health by living healthier and talking to healthcare providers about cancer screening. Five people have been recognized by Regional Cancer Care – Northwest for their roles as leaders in health promotion in their communities.



Mae Katt

Mae is a Nurse Practitioner with the NorWest Community Health Centres in Thunder Bay. Through her work and several cancer research projects, Mae understands why many Aboriginal people are diagnosed with late-stage breast, cervical and colorectal cancer. These are cancers that can be successfully treated when found early. Unfortunately screening tests are not always easy to access, especially in remote communities, and not enough Aboriginal

people in Northwestern Ontario are aware of risk factors and the importance of cancer screening.

This is why Mae is involved with Regional Cancer Care's Prevention and Screening Network – to help spread the message that having a screening test for breast, cervical or colorectal cancer can save your life. She also works to help remove barriers so people can access screening tests and live more healthy lifestyles to reduce their risk of cancer.



Aileen Malcolm



Sarah Mandamin



Angela Nodin



Donna Hayes

Thank you to

Anishnawbe Mushkiki Aboriginal Community Health Centre • Gizhewaadiziwin Health Access Centre
NorWest Community Health Centres - Thunder Bay and Armstrong sites • Wassay-Gezhig Na-Nahn-Dah-We-Igamig Health Access Centre

For more information

Regional Cancer Care: 1-877-696-7223
Canadian Cancer Society: www.cancer.ca
Cancer Care Ontario: www.cancercare.on.ca



Canadian Cancer Society
Société canadienne du cancer

