

The Poarch Band of Creek Indians Top Three Causes of Death 2002-2015

Heart Disease

Heart disease was the leading cause of death



Cancer

Cancer was the second leading cause of death, and lung cancer was the most common type



Kidney Disease

Kidney disease was the third leading cause of death



According to the 2016 United South and Eastern Tribes (USET) Mortality Report, the average age at death for the Poarch Band of Creek Indians was 68. This is far below the national average for the U.S., which is 79.

2002-2015 Deaths

Heart Disease

122 Tribal Citizens died due to heart disease*

Cancer

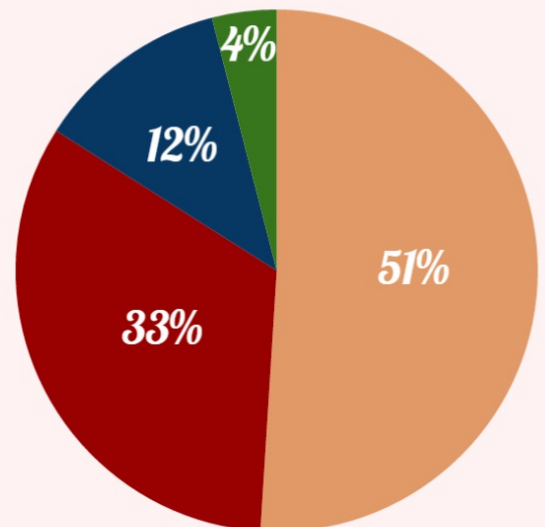
42 Tribal Citizens died due to cancer*

Kidney Disease

13 Tribal Citizens died due to kidney disease*

Other Causes

187 Tribal Citizens died due to other causes*



*This report only reflects those Tribal Citizens for whom USET obtained records for.



Making one small change towards a healthy lifestyle is better than no change at all. It's never too late to start!

Heart Disease Prevention ABCs



Avoid tobacco

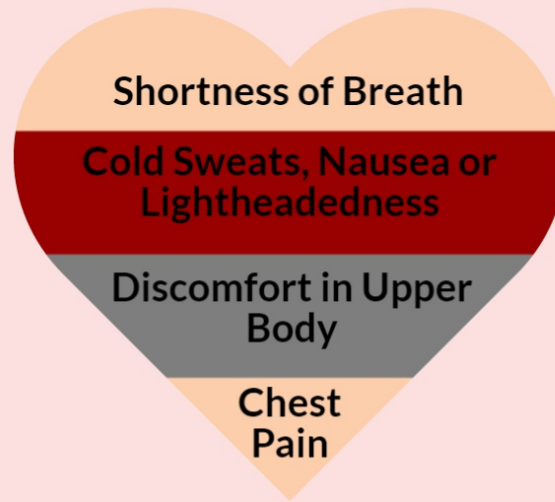


Become more active



Choose good nutrition

Common Warning Signs of a Heart Attack



Many cancer deaths could be prevented by early detection.

Recommended Cancer Screenings for Women



Pap Smear every 3 years (if normal) for ages 24-64*

Mammogram every 2 years (if normal) for ages 52-64*

Colonoscopy every 10 years (if normal) for ages 50-75*

Recommended Cancer Screenings for Men



Colonoscopy every 10 years (if normal) for ages 50-75*

Prostate exam every year for ages 50 and older according to the American Cancer Society

*According to 2016 Indian Health Service Government Performance and Results Act Logic



Kidney disease often has no symptoms until it is very advanced. A simple urine test can tell you if you have kidney disease.

Prevention Tips

1. Don't smoke
2. Lower salt in your diet
3. Exercise
4. Avoid alcohol

Major Risk Factors Include

1. Diabetes
2. High blood pressure
3. Heart disease
4. Family history of kidney disease