



# Native CIRCLE Resource Catalog

(Cancer Information Resource Center and Learning Exchange)

Native CIRCLE maintains a library of resources providing overall health, wellness, and cancer-related information for men, women, teens and children. Several of these resources are produced by Mayo Clinic, and others are available through the generosity of outside agencies, hospitals, and clinics within the United States and Canada.

We are able to offer limited quantities of these resources to you free-of-charge. You may order up to 15 different items, in quantities as follows:

- Up to 50 copies of each print item
- 1 or 2 copies of each video

Please allow three to four weeks for delivery from time order is received.

### Instructions

Materials are sent by Federal Express. Please provide a street address, no PO Box for mailing.

Name		Institution	
Address			
City		State	ZIP Code
Phone Number (with Area Code)		Fax Number (with Area Code)	
Email Address			

FAX order to: 507-266-2478

Mailing address: Native CIRCLE  
Charlton 6  
200 First Street, SW  
Rochester, MN 55905

Toll-free: 877-372-1617

**Please contact the Native CIRCLE office for additional information on the following topics.**

- Other cancer-related information
- Mayo Clinic Heart-Healthy Cookbooks
- Bras and prosthesis
- Native CIRCLE medical bibliography

## Audio/Visual Resources

All videos are specific to Native American culture. Limit two copies of each video/CD/DVD.

Quantity		
DVD	VHS	
		The Art of Wellness
		Native Nutrition CIRCLE Project (accompanying cookbook and nutrition stories)
		Taking Control of your Health: The PAP Test and Cervical Cancer
		Continuing the Path: Follow-up to a PAP Smear <i>(VHS only)</i>
		American Indian Women's Talking CIRCLE Cervical Cancer Project
		Pathways to Health: An American Indian Women's Breast Cancer Video
		The Story Basket: Weaving Breast Health Into Our Lives <i>(Cancer Education for CHAs/CHRs)</i>
		The Birthday Gift (Alaskan women's wellness video)
		Awakening Choices: Colon Health - Our Stories <i>(Alaska Native colon health movie)</i>
		The Pink Shawl Project <i>(breast cancer/breast health - Inter-Tribal Council of Michigan)</i>
		Stories of My Sisters <i>(interviews with Alaska native breast cancer survivors)</i>
		The Gift of Health: A Woman's Path to Wellness
		Cancer Among Native Americans
		Staying Strong, Staying Healthy: Alaska Native Men Speak Out About Cancer
		Caring for Arizona's American Indian Women's Health <i>(breast health video)</i>
		Cancer in the Great Land <i>(Alaska native cancer video)</i>
		Clinical Trials and Native People: A Gift for Our Children <i>(Native CIRCLE)</i>
		It's Your Life <i>(Native American smoking cessation video with accompanying booklet)</i>
		Is Health Care Entitlement a Solution to the Problem of Health Disparities for American <i>VHS only</i> Indians/Alaska Natives? <i>(2004, 90 minutes, for tribal communities)</i>
		It Takes a Whole Indian Village: Decreasing Health Disparities in Indian Country <i>VHS only</i> <i>(2005, 120 minutes, for tribal communities)</i>
		Eating for a Healthy Heart <i>(Mayo Clinic production)</i> Closed caption
		Audio Recording: The Mind/Body Approach to Stress Management <i>(Imagery and relaxation)</i> CD _____ <span style="color: red;">up to 10 copies</span> Tape _____ <span style="color: red;">up to 10 copies</span>
CD	___	Breast Cancer Detective <i>(Interactive CD for nurses/CHAs/CHRs)</i>
CD	___	Breast Cancer Bingo <i>(Interactive CD for nurses/CHAs/CHRs)</i>
CD	___	Winds of Hope <i>(A Continuing Medical Education (CME) Program on Cancer Education, Detection and Prevention - for community health aides and community health practitioners of Alaska)</i>

**Printed Resources (brochure/booklets or as indicated)  
Women's Health - Breast**

<b>Quantity</b>	<b>Native-Specific Publications</b>
	Mammograms: Not Just Once, But for a Lifetime ( <i>bookmark – National Cancer Institute [NCI]</i> )
	How To Examine Your Breasts ( <i>designed by Native Americans, produced by Native CIRCLE.</i> )
	Do Your Breast Self-Exam (BSE) Every Month! ( <i>Arizona Dept. of Health and Human Services</i> )
	Are You Age 50 or Older? A Mammogram Could Save Your Life! ( <i>fact sheet from NCI</i> )
	Pathways to a Healthy Life ( <i>breast cancer awareness – from Susan G. Komen Foundation</i> )
	Breast Cancer: Know the Facts! A Situation No Woman Wants to Face ( <i>Native CIRCLE</i> )
	Native American Women: Be in Harmony with Your Body ( <i>breast self-exam card from ACS</i> )
	The Helping Path Health Guide, 2 <sup>nd</sup> edition ( <i>UCLA American Indian Studies Center</i> )
	Little Sister Mouse ( <i>breast health/breast cancer book written by Native nurse from Montana</i> )
	<b>Non-Native - Specific Publications</b>
	What WOMEN Should Know About Cancer ( <i>Del Norte ACS Unit - Del Norte, Calif.</i> )
	Cancer Facts for Women ( <i>American Cancer Society [ACS]</i> )
	Breast Cancer: Steps to Finding Lumps Early ( <i>Native CIRCLE. reproduction</i> )
	Breast Cancer: Early Detection and Prompt Treatments Are Critical ( <i>Mayo Clinic Medical Essay</i> )
	How to Examine Your Breasts ( <i>shower card from Susan G. Komen Foundation</i> )
	Finding a Breast Lump: A Guide to Further Evaluation ( <i>Mayo Clinic Women's Healthsource</i> )
	Mammogram Myths and Facts: The Truth about Breast Cancer Screening ( <i>Mayo Clinic</i> )
	Mammograms: A Picture of Breast Health ( <i>Channing-Bete publication</i> )
	Mammography: Safe, Easy and Smart! ( <i>Channing-Bete publication</i> )
	Breast Health Basics: Learn the Facts ( <i>fact sheet from Susan G. Komen Foundation</i> )
	Mammography - An X-Ray Exam of Your Breasts ( <i>StayWell/Krames</i> )
	Mammography: Size of Tumors Found by Mammography ( <i>Susan G. Komen Foundation</i> )
	Reducing Your Risk of Breast Cancer ( <i>American Institute of Cancer Research</i> )
	Mammograms: Not Just Once, But for a Lifetime ( <i>NCI</i> )

**Printed Resources** (brochure/booklets or as indicated)  
**Women's Health - GYN**

Quantity	Native Specific Publications
	Abnormal PAP Test and Results <i>(Native CIRCLE reproduction)</i>
	Path for Health - Important Health Information for Indian Women <i>(Native CIRCLE reproduction)</i>
	Cervical Cancer - What It Means and What You Can Do! <i>(Lake Andes, S.D.)</i>
	Having a Pelvic Exam and PAP Test <i>(fact sheet from the NCI)</i>
	The PAP Test: It Can Save Your Life <i>(fact sheet from the NCI)</i>
	A Message to Women in Our Community: Stay Healthy! Learn About Cancers of the Uterus
	A Healthy Body & Spirit Lives on with Early Detection of Cervical Cancer <i>(ACS/Durango, CO)</i>
	Han'wi - The Moon - Women's Ceremony - Menstrual Cycle <i>(Native CIRCLE reproduction)</i>
<b>Non-Native - Specific Publications</b>	
	Having a Pelvic Exam and PAP <i>(NCI)</i>
	What You Need to Know About Cancer of the Uterus <i>(NCI)</i>
	What You Need to Know About Ovarian Cancer <i>(NCI)</i>
	What You Need to Know About Cancer of the Cervix <i>(NCI)</i>
	The PAP Smear and Your Cervix <i>(Mayo Clinic)</i>
	About Your PAP Smear <i>(Mayo Clinic)</i>
	Why You Need a PAP Test <i>(StayWell/Krames)</i>
	The PAP Test: The Procedures and Results <i>(StayWell/Krames)</i>
	Strengthening Exercises for Pelvic Floor Muscles <i>(about incontinence, Mayo Clinic)</i>

**Printed Resources** (brochure/booklets or as indicated)  
**General Health and Wellness - Men and Women**

Quantity	Native-Specific Publications
	Take Control: Ten Steps to a Healthier Life ( <i>Del Norte, California ACS</i> )
	Total Wellness - 18 Tips for Better Living ( <i>WRS Group, Limited/Waco, Texas</i> )
	Better Choices ( <i>Native CIRCLE reproduction</i> )
	10 copy limit THE CIRCLE: An Anthology of American Indian Women's Stories ( <i>Center for American Indian-Indigenous Research and Education [CAIRE]</i> )
<b>Non-Native - Specific Publications</b>	
	Lifestyle Changes for Health ( <i>Mayo Clinic</i> )
	Women's Health: Exercise and Fitness: A Guide for Women ( <i>ACOG Patient Education</i> )
	Simple Moves for Muscle Toning ( <i>Fact Sheet/Pork Council, Des Moines, Iowa</i> )
	Simple Steps to Prevent Cancer: Healthy Living and Lowering Cancer Risk ( <i>Mayo Clinic</i> )
	The Life Balance Pyramid: Restoring Your Sense of Well-Being ( <i>Mayo Clinic</i> )
	The Activity Pyramid: Physical Activity Guide ( <i>Mayo Clinic</i> )
	About Good Health for Women ( <i>Channing-Bete</i> )
	About Good Health for Men ( <i>Channing-Bete</i> )
	What Everyone Should Know About Wellness ( <i>Channing-Bete</i> )
	Tips for a Healthy Life for Men ( <i>fact sheet</i> )
	Tips for a Healthy Life for Women ( <i>fact sheet</i> )
	Your Changing Health: Strategies for Optimal Aging (for women) ( <i>Mayo Clinic</i> )
	Lifestyle Changes for Healthy Weight ( <i>Mayo Clinic</i> )
	Women and Heart Disease ( <i>Krames publication</i> )
	Healthy Aging ( <i>booklet explores aspects of healthy aging and offers ideas to increase a long life/Mayo Clinic</i> )

**Printed Resources** (brochure/booklets or as indicated)  
**General Health Related Materials**

Quantity	Native-Specific Publications
	Important Things for You to Know About Cancer
	The Journey Forward ( <i>survivorship and other areas of concern after treatment is completed</i> )
	Pocket Glossary of Cancer Language ( <i>language terms used when talking about cancer</i> )
Non-Native - Specific Publications	
	Mouth and Throat Tumors ( <i>StayWell/Krames</i> )
	Oral Cancer - Early Detection Saves Lives ( <i>Native CIRCLE. reproduction</i> )
	What You Need to Know About Oral Cancer ( <i>NCI</i> )
	What You Need to Know About Lung Cancer ( <i>NCI</i> )
	What You Need to Know About Cancer ( <i>NCI</i> )
	Alternative Medicine and Your Health ( <i>Mayo Clinic</i> )
	Finding Reliable Health Information on the Internet ( <i>Mayo Clinic</i> )
	Understanding Bladder Cancer ( <i>Krames Publication</i> )

**Printed Resources** (brochure/booklets or as indicated)  
**Colon, Stomach and Pancreatic Cancer**

Quantity	None Are Native Specific Publications
	The Colon Book: A Look at Polyps and Colon Cancer: Their Treatment and Your Prospects for Recovery ( <i>Staywell/Krames</i> )
	Reducing Your Risk of Colon Cancer ( <i>American Institute of Cancer Research</i> )
	Colorectal Health: The Wellness Way ( <i>StayWell/Krames</i> )
	Diet, Nutrition and Cancers of the Colon and Rectum ( <i>American Institute for Cancer Research</i> )
	Frankly Speaking About Colorectal Cancer ( <i>The Wellness Community</i> )
	What You Need to Know About Cancer of the Pancreas ( <i>NCI</i> )
	What You Need to Know About Cancer of the Colon and Rectum ( <i>NCI</i> )
	What You Need to Know About Stomach Cancer ( <i>NCI</i> )

**Printed Resources (brochure/booklets or as indicated)  
Friend/Family Support and Caregiving and Cancer**

<b>Quantity</b>	<b>Non-Native - Specific Publications</b>
	When Cancer Returns - Meeting the Challenge Again (ACS)
	Death and Dying - Letting Go With Dignity and Grace (StayWell/Krames)
	Living With Chronic Illness (Mayo Clinic)
	<b>10 copy limit</b> Caring for a Loved One with Cancer (Native-specific/NACR – Denver, Co.)
	Get Relief from Cancer Pain/Pain Management (NCI)
	A Prayer for the Conquest of Cancer (ACS)
	Coping as a Family with a Serious Illness (The Spirit of Health/Mayo Clinic)
<b>CareNotes Series from Mayo Clinic</b>	
	Grieving the Loss of Your Parent
	Coping When Someone You Love is Dying
	Finding Your Way After the Death of a Spouse
	Discovering the Healing Power of Laughter
	Dealing Positively with the Shock of Cancer
	Discovering the Healing Power of Laughter
	Living with Cancer – A Day at a Time
	Facing Cancer as a Family
	Making Sense Out of Tragedy or Suffering
	Healing Your Body, Mind, and Spirit Together
	Talking with Your Kids about Serious Illness in the Family
	Handling Grief as a Man
	For Teens: When Serious Illness Hits Your Family
	For Teens: When Cancer Hits Home
	For Teens: Grieving: When You Lose Someone

**Printed Resources** (brochure/booklets or as indicated)  
**Men's Health**

<b>Quantity</b>	<b>Native - Specific Publications</b>
	Leading Causes of Death by Age Group ( <i>U.S. 2002 fact sheet for Native men</i> )
	Testicular Cancer: What Every Man Should Know ( <i>Lake Andes, S.D.</i> )
	What Our Community Needs to Know about Prostate Cancer ( <i>American Indian version/ACS</i> )
<b>Non-Native - Specific Publications</b>	
	Cancer Facts for Men ( <i>ACS</i> )
	Medical Tests EVERY Man Needs ( <i>Mayo Clinic</i> )
	Treating Prostate Problems: Options for Improving Your Health ( <i>StayWell/Krames</i> )
	Prostate Cancer: What Every Man Should Know ( <i>Channing-Bete</i> )
	Prostate Cancer: Early Detection Can Improve Chances of Successful Treatment ( <i>Mayo Clinic Patient Medical Essay</i> )
	Living with Prostate Cancer ( <i>StayWell/Krames</i> )
	Prostate Cancer: A Guide for Men ( <i>The Health Information Network Company</i> )
	Reducing Your Risk of Prostate Cancer ( <i>American Institute of Cancer Research [AICR]</i> )
	What MEN Should Know About Cancer ( <i>Del Norte ACS – Del Norte, Calif.</i> )
	Reducing Your Risk of Testicular Cancer ( <i>AICR</i> )
	Get Smart about Testicular Cancer ( <i>ACS</i> )

**Printed Resources** (brochure/booklets or as indicated)  
**Smoking/Smoking Cessation**

**Quantity**      **Native - Specific Publications**

	Smoking in Indian Country: Effects on Women and Children ( <i>Lake Andes, SD</i> )
	Smoking in Indian Country: Effects on Women ( <i>Lake Andes, SD</i> )
	Smoking in Indian Country: General Effects on You ( <i>Lake Andes, SD</i> )
	Tobacco Abuse is NOT Traditional ( <i>fact sheet</i> )
	Smoking and American Indians/Alaska Natives ( <i>fact sheet from American Lung Association</i> )
	Becoming a Smoke-Free Family - Protect Your Family ( <i>Native CIRCLE reproduction</i> )
	Tobacco: Use it in a Sacred Way ( <i>Tobacco Education Clearinghouse of California [TECC]</i> )
	Traditional Tobacco and Other Medicines: Tobacco, Sweet Grass, Sage Brush and Cedar ( <i>Local Education for Indians, California</i> )
	Respect Traditional Tobacco - Protect Our Communities from Secondhand Smoke ( <i>TECC</i> )
	Anthology of Traditional Tobacco Stories ( <i>Native CIRCLE reproduction</i> )
	Coping with Withdrawal: Helping Yourself Quit! ( <i>Native CIRCLE reproduction</i> )
	Passive Smoke....Protect Your Baby and Your Loved Ones ( <i>Native CIRCLE reproduction</i> )
	Please Don't Make Me Smoke! Facts about Secondhand Smoke and Smoking during Pregnancy ( <i>Native CIRCLE reproduction</i> )
	Your Family Needs a Healthy Mother! ( <i>Native CIRCLE reproduction</i> )
	Kick the Habit ( <i>Native CIRCLE reproduction</i> )
	Hooked on Tobacco? For Kids Only ( <i>Alaska native pamphlet/children &amp; teens</i> )
	Stop Secondhand Smoke ( <i>Alaska native pamphlet/children &amp; teens</i> )
	It's OK to Say "NO" ( <i>Alaska native pamphlet/children &amp; teens</i> )
	What Parents Should Know About Teens and Smoking ( <i>Native specific/IHS - Albuquerque, NM</i> )
	American Indian and Alaska Native People (Keepers of Wisdom to Strengthen the Heart) - Help Your Heart ( <i>fact sheet/IHS - Albuquerque, N.M.</i> )
<b>Non-Native - Specific Publications</b>	
	Deciding How to Quit: Set Yourself Free! ( <i>ACS</i> )
	No Smoking! A Coloring and Activities Booklet for Children ( <i>Channing-Bete</i> )
	My Book about Being Smoke-Free ( <i>coloring book from Channing-Bete</i> )
	Lung Cancer and Smoking ( <i>Mayo Clinic publication</i> )

**Printed Resources** (brochure/booklets or as indicated)  
**Youth**

<b>Quantity</b>	<b>Native - Specific Publications</b>
	Good Medicine for Our People: A Coloring Book about Indians and Health Careers ( <i>Native CIRCLE</i> )
	Healthy Games and Teasers ( <i>An INMED Activity Book for Native American youth</i> )
	Listening for a Future ( <i>activity book for Native American children/Native CIRCLE</i> )
<b>Non-Native - Specific Publications</b>	
	It Helps to Have Friends: When Mom or Dad Has Cancer ( <i>ACS</i> )
	Sad Isn't Bad: When Someone You Love Dies ( <i>CareNotes/Mayo Clinic</i> )
	Hot Food Facts for Cool Kids ( <i>Mayo Clinic</i> )
	The Good Health Habits Quiz Book ( <i>activity book/Channing-Bete</i> )
	Eat for Good Health ( <i>activity book/Channing-Bete</i> )
	Healthy Snacks for Kids ( <i>Mayo Clinic</i> )
	Fitness and Food for Kids ( <i>fact sheet/Pork Council of Iowa</i> )

**Printed Resources** (brochure/booklets or as indicated)  
**Skin**

<b>Quantity</b>	<b>Non-Native - Specific Publications</b>
	Why You Should Know About Melanoma (ACS)
	Self-Examination for Melanoma ( <i>bookmark/Mayo Clinic</i> )
	ABC's of Skin Care ( <i>bookmark for children/Mayo Clinic</i> )
	Protect Yourself from the Sun ( <i>fact sheet</i> )

**Printed Resources** (brochure/booklets or as indicated)  
**Diabetes**

<b>Quantity</b>	<b>Native - Specific Publications</b>
	The Diabetes Epidemic among American Indians and Alaska Natives ( <i>fact sheet/National Diabetes Education Program</i> )
	American Indians and Alaska Native People: Keep the Harmony within You – Check Your Blood Pressure!
	I Can Lower my Risk for Type 2 Diabetes: A Guide for American Indians ( <i>National Institutes of Health</i> )
	The Diabetes Epidemic among American Indians and Alaska Natives ( <i>fact sheet</i> )
	Fight Back. Live a Long, Healthy Life ( <i>fact sheet</i> )
	We Have the Power to Prevent Diabetes: 7 Powerful Steps ( <i>fact sheet</i> )
	Take Care of Your Heart: Manage Your Diabetes ( <i>fact sheet</i> )
<b>The Eagle Book Series: Diabetes Prevention for Children</b>	
	5 book limit Through the Eyes of the Eagle ( <i>compares the healthy lifestyles of ancestors with the sedentary lifestyles of today</i> )
	5 book limit Knees Lifted High ( <i>encourages physical activity every day</i> )
	5 book limit A Plateful of Colors ( <i>teaches the value of eating a variety of colorful and healthy foods</i> )
	5 book limit Tricky Treats ( <i>encourages children not to eat unhealthy foods and snacks</i> )

**Printed Resources** (brochure/booklets or as indicated)

**Nutrition**

<b>Quantity</b>	<b>Native - Specific Publications</b>
	Native American Food Guide Pyramid
	American Indian and Alaska Native Women ( <i>Keepers of Wisdom to Strengthen The Heart</i> ) - <i>Treat Your Heart to a Healthy Celebration!</i> (Indian Health Service)
	Making Fry Bread More Healthy ( <i>recipe sheet</i> )
	Traditional Foods Can Be Healthy! (NCI)
	Eating Healthy the American Indian Way: Why All the Talk About Fiber? (IHS)
	Eating Healthy the American Indian Way: Why All the Talk About Fat? (IHS)
	10 copy limit Native Cookbook (CAIRE)
	10 copy limit Native Nutrition Circles – An Anthology of American Indian Stories (CAIRE)
	1 copy only Traditional Stories and Recipes ( <i>Lac du Flambeau Ojibwe of Wisconsin</i> )
<b>Non-Native - Specific Publications</b>	
	Eating Hints for Cancer Patients: Before, During and After Treatment ( <i>National Cancer Institute [NCI]</i> )
	Dietary Suggestions for Managing Constipation ( <i>Mayo Clinic</i> )
	Dietary Suggestions for Controlling Nausea and Vomiting ( <i>Mayo Clinic</i> )
	Dietary Suggestions for Managing Loss of Appetite ( <i>Mayo Clinic</i> )
	Dietary Suggestions to Improve Your Taste for Food ( <i>Mayo Clinic</i> )
	Dietary Suggestions for A Dry or Sore Mouth or Throat ( <i>Mayo Clinic</i> )
	Healthy Food Choices for Teens and Children ( <i>Mayo Clinic</i> )
	10 copy limit 5-A-Day: Recipes for Healthy Living ( <i>National Cancer Institute</i> )
	Taking Control: Help Yourself to a Healthier Life by Taking Control ( <i>American Cancer Society [ACS]</i> )
	Healthy Weight for Life ( <i>Mayo Clinic</i> )
	Heart Healthy Eating Guide for Women ( <i>Mayo Clinic</i> )
	Disease-Fighting Foods: Smart Eating Choices ( <i>Mayo Clinic</i> )
	Tips on How to Cut Down on Fat ( <i>fact sheet from Mayo Clinic</i> )
	Take the 5-A-DAY Challenge ( <i>Produce for Better Health Foundation</i> )
	GR8 4 U! ( <i>vegetable and fruit health brochure for ages 9-13</i> )
	5-A-DAY My Way ( <i>youth brochure/Produce for Better Health Foundation</i> )
	Snack Your Way to 5-A-DAY ( <i>brochure/Produce for Better Health Foundation</i> )
	Eat Smart with Fruits and Vegetables (ACS)
	Making the Move to Better Health: Exercising and Eating Better for You! ( <i>Pork Council of Iowa</i> )
	Losing Weight and Keeping it Off! ( <i>Pork Council of Iowa</i> )