



Health & Fitness

Weekly Wellness Message



Screening can save lives! March is National Colorectal Cancer Awareness Month and it's a good time to remind you the importance of screening, particularly since colorectal cancer can start with no symptoms. Colorectal Cancer is the number 2 cancer killer in the United States, but it doesn't have to be. It is recommended that every man and women start getting screened starting at age 50. If everyone aged 50 years or older had regular screening tests, at least 60% of deaths from this cancer could be avoided.

According to the American Cancer Society, the top five recommended ways to help prevent colorectal cancer are:

- Get screened for colorectal cancer regularly
- Maintain a healthy weight throughout life
- Adopt a physically active lifestyle
- Consume a healthy diet with an emphasis on plant sources
- Limit consumption of alcoholic beverages

Some people don't need to wait until 50 to start screening because they may already be at increased risk for colorectal cancer; they may also need to test more frequently. It's recommended that people with the following conditions see their doctor and discuss whether earlier screening is warranted:

- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease (Crohn's or Ulcerative Colitis).
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer.

Also, if you are having any of the following symptoms, it's recommended that you talk with your doctor:

- Blood in or on your stool.
- Stomach aches, pains, or cramps that don't go away.
- Unexplained weight loss.

So take charge of your health and if your doctor hasn't yet discussed screening, you go ahead and start that conversation. It's important because both men and women can get colorectal cancer; it is most found in people who are 50 or older; and your risk increases with age.

For more information on colorectal cancer, click on the following links:

http://www.cdc.gov/cancer/colorectal/basic_info/screening/questions.htm

<http://www.preventcancer.org/education3c.aspx?id=1036>

<http://www.ccalliance.org/>

Upcoming Noteworthy Events:

Colorectal Cancer Awareness Health Fair

March 15th from 0800-1300

Building 59, room 118

Stop by Health Fitness for some great resources, info

Immunizations for Spring Travel

March 19th-21st for ICAF students

Location: Building 59, room 107 from 0730-1400

Immunizations for Spring Travel

March 22nd and 23rd for NWC students

Location: NWC West Wing from 0730-1400

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