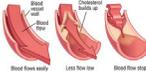




# March is Colorectal Cancer Awareness Month



★ Please click assigned dates for links to cancer awareness and better health! ★

	<p><b>Are you over 50?</b> Or over 40 with a family history of colon cancer? <b>Learn about the importance of screening</b></p>  <p>★1</p>	<p>Fiber takes longer to chew and makes you feel full longer which helps with overeating.</p>  <p>2</p>	<p>NJ Cancer Education Early Detection and Screening (NJCEED) in Morris County Call <b>973-971-5952</b> (English &amp; Spanish) to see if eligible for a free cancer screening for Breast, Cervical and Colon Cancer. <b>Morristown Memorial Hospital • 5- 8pm</b> <b>March 9, 16 &amp; 30</b></p> <p>★3</p>	<p><b>IT'S FIBER FRIDAY! 5 A DAY:</b> Fruits &amp; vegetables often high in fiber have been linked to protecting against some cancers.</p>  <p>★4</p>	<p>Talk to your family about colorectal cancer, and have everyone <b>take a risk assessment!</b></p>  <p>★5</p>	
<p>Symptoms of colorectal cancer include changes in bowel habits, blood in the stool, bloating and discomfort. <b>Learn more at <a href="http://www.cancer.org">www.cancer.org</a></b></p> <p>★6</p>	<p>NJCEED in Somerset County - Call Zufall Health Center in Somerville or check out the website (<i>hablamos espanol</i>) <b>908-526-2335</b> or <a href="http://www.zufallhealth.org">www.zufallhealth.org</a></p> <p>★7</p>	<p><b>Get some exercise!</b> People who exercise regularly have a <b>16%</b> decrease in their chances of developing colon polyps and a <b>30%</b> decrease in the risk of developing large or advanced polyps.</p> <p>8</p>	<p>Ask your healthcare provider about the Fit test (fecal immunochemical test). It is safe and easy and you can do it at home.</p> <p>★9</p>	<p>Do you get enough Vitamin D? The body makes vitamin D when the skin is exposed to the sun; vitamin D supports your immune system and helps keep your colon healthy.</p>  <p>10</p>	<p><b>IT'S FIBER FRIDAY! FIBER MATTERS:</b> Whole grain foods (whole grain pastas, cereals, breads) with 3-5 grams of fiber per serving are good sources of fiber.</p> <p>★11</p>	<p><b>What you should know about screenings:</b> high-sensitivity fecal occult blood testing, sigmoidoscopy, or colonoscopy.</p>  <p>★12</p>
<p><b>Weight matters.</b> Obesity increases your risk of colon cancer. Also, unexplained weight loss can be a sign of colon cancer. Talk to your doctor or health care provider about both.</p> <p>★13</p>	<p>Fiber has been nicknamed "nature's broom" because it helps "clean out" the 28 foot long digestive tract.</p>  <p>14</p>	<p><b>Hemorrhoids</b> can cause rectal bleeding and should be taken care of. Blood in your stool is another matter; talk to your doctor about both.</p>  <p>★15</p>	<p>Calcium may help prevent colon cancer. Eat dairy, fortified cereals, canned salmon, and sardines with bones, tofu, kale and collards.</p> <p>16</p>	<p>It's St. Patrick's Day, call all your Irish friends and urge them to learn more about early detection and screening to reduce risk of colon cancer.</p>  <p>17</p>	<p><b>IT'S FIBER FRIDAY!</b> Use bean dips like hummus with whole grain crackers and vegetables for a high protein party appetizer.</p> <p>★18</p>	<p>More than 150,000 new cases of colorectal cancer are diagnosed each year in the U.S. <b>Did you know 80 – 90% are preventable?</b></p> <p>19</p>
<p>Visit <a href="http://SNAPED4ME.org">SNAPED4ME.org</a> to obtain access to free, low-cost, and healthy recipes for each meal of the day!</p>  <p>★20</p>	<p>Have you or someone you know been diagnosed with cancer? <b>Cancer Support Community</b> of Central NJ has <b>FREE</b> resources and support for you and family members.</p> <p>★21</p>	<p><b>"Biomarkers: Making advances in colon and colorectal care"</b> A free community program at RWJ University Hospital; several physicians speaking and lunch provided.</p> <p>★22</p>	<p>According to the National Institutes of Health, fewer than three bowel movements a week over the span of at least two weeks can qualify as constipation.</p> <p>★23</p>	<p><b>Screening can find precancerous polyps</b> - abnormal growths in the colon or rectum - so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure.</p> <p>★24</p>	<p><b>IT'S FIBER FRIDAY!</b> Have a sweet tooth? Raspberries, blueberries, blackberries &amp; strawberries are jam packed with fiber.</p>  <p>★25</p>	<p><b>Just How Much:</b> The Academy of Nutrition Dietetics recommends 25g of fiber for adult women and 38g for adult men. Start your day with a high fiber cereal containing 5 or more grams of fiber per serving</p> <p>26</p>
<p>Try this simple approach to meal planning that can help lower cancer risk and lose weight.</p>  <p>★27</p>	<p><b>STAY HYDRATED:</b> Drinking plenty of water helps fiber slow the rate of which food leaves your stomach. This helps you feel full longer.</p>  <p>★28</p>	<p>Increasing fiber intake can lower cholesterol levels and is linked with lowering the risk for heart disease.</p>  <p>★29</p>	<p>Call two friends and tell them how easy your screening was. Better yet, <b>tell your Facebook friends and family!</b></p>  <p>30</p>	<p>Colorectal screening <b>SAVES LIVES:</b> questions to ask your doctor about screening guidelines, colonoscopy and recommendations.</p>  <p>★31</p>	<p><b>The Regional Morris &amp; Somerset County CHRONIC DISEASE &amp; CANCER COALITION</b></p> <p><b>Early Detection Best Protection</b></p> <p><a href="http://www.co.somerset.nj.us">www.co.somerset.nj.us</a> • 908-231-7155</p>	