

Colon Cancer At A Glance

- Colorectal cancer is a malignant tumor arising from the inner wall of the large intestine.
- Colorectal cancer is the third leading cause of cancer in males, fourth in females in the U.S.
- Risk factors for colorectal cancer include heredity, colon polyps, and long standing ulcerative colitis.
- Most colorectal cancers develop from polyps. Removal of colon polyps can prevent colorectal cancer.
- Colon polyps and early cancer can have no symptoms. Therefore regular screening is important.
- Diagnosis of colorectal cancer can be made by barium enema or by colonoscopy with biopsy confirmation of cancer tissue.
- Treatment of colorectal cancer depends on the location, size, and extent of cancer spread, as well as the age and health of the patient.
- Surgery is the most common treatment for colorectal cancer.



SAVOR THE FLAVOR OF EATING RIGHT

NATIONAL NUTRITION MONTH® 2016

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Savor the Flavor of Eating Right

A nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics, National Nutrition Month®, held annually in March, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The Academy's National Nutrition Month® press releases feature information for the media on activities and messages that the Academy highlights every March, along with events and initiatives around Registered Dietitian Nutritionist Day, also celebrated in March.

Preventable. Treatable. Beatable.

Colorectal cancer screening saves lives. It is one of only a few cancers that can be prevented through screening; among cancers that affect both men and women, colorectal cancer is the second leading cause of cancer-related deaths in the United States.

The risk of developing colorectal cancer increases with advancing age. More than 90 percent of cases occur in people aged 50 or older. Building awareness is an important part of helping to increase screening and decrease mortality rates.

Globally, cancer of the colon and rectum is the third leading cause of cancer in males and the fourth leading cause of cancer in females. The frequency of colorectal cancer varies around the world. It is common in the Western world, and is rare in Asia and Africa. In countries where the people have adopted western diets, the incidence of colorectal cancer is increasing.

News You Can Use

The “Health Color” for the second Sunday (March 13) is **Navy Blue** in observance of National Nutrition Month

Popcorn & A Movie Night, 2nd Saturday (March 12), @ 6 pm.
Movie: “**Courageous**”

Watch for a March Newsletter *supplement* on Multiple Sclerosis later this month.



Shared Goal:

Reaching 80% Screened
for Colorectal Cancer by
2018



ACG 2016 National Colorectal Cancer Awareness Month Media Outreach

Basic Call-to-Action about the lifesaving potential of colorectal screening remains a permanent priority for ACG:

- Colorectal cancer, second only to lung cancer as the leading cause of cancer deaths in the United States, effects men and women equally. **Yet few Americans know that colorectal cancer can be prevented -- not just detected -- through colonoscopy.**
- Colorectal cancer arises from pre-cancerous growths or polyps that grow in the colon. When detected early, polyps can be removed, halting their progression to colorectal cancer. While early detection of any cancer is important, prevention is powerful.
- Many people don't realize that this second-leading cancer killer is **highly preventable**. Unlike other cancer screenings which can only detect a problem, **colorectal cancer screening with colonoscopy can prevent colorectal cancer** by removing precancerous polyps during the exam.
- Under-use of proven screening tests – especially among Medicare beneficiaries: 1 in 3 adults – almost 23 million Americans between 50 and 75 years old – is not getting tested for colorectal cancer as recommended.
- According to the American Cancer Society, **the colon cancer death rate in this country could be cut in half if Americans simply followed recommended screening guidelines.** Last year alone, more than 50,000 people died of colorectal cancer in the United States.
- The digestive health specialists from the American College of Gastroenterology urge you to be screened for colorectal cancer. We have dedicated ourselves to the remarkable effectiveness and safety of colonoscopy in the hands of trained and skilled colonoscopists.
- Talk to your doctor about the screening test that is right for you. ACG's official 2009 screening guidelines distinguish between tests that prevent colorectal cancer and tests that detect colorectal cancer. The American College of Gastroenterology recommends colonoscopy as the preferred cancer prevention strategy.
- African Americans are likely to be diagnosed with colorectal cancer at younger ages than whites, and they experience decreased survival compared with whites. **The College recommends colorectal cancer screening beginning at age 45, rather than at age 50 for average risk patients for African Americans.**

****Monthly Message**** Develop better food and lifestyle habits for your body. Learn proper portions (no larger than your palm) and remember to do so for the glory of God. He is able to help you if you allow him to. Be a blessing to others and share this valuable information.

In His service,
H-3 ministry

1 Corinthians 10:31 "So whether you eat or drink or whatever you do, do it all for the glory of God" (NIV)

References: <http://www.eatrightpro.org/resources/media/press-releases/national-nutrition-month>; <https://www.sgna.org/Events/Colorectal-Cancer-Awareness-Month>; <http://www.medicinenet.com/script/main/art.asp?articlekey=16422>; <http://gi.org/wp-content/uploads/2016/02/ACG-2016-CRC-Key-Messages-and-Talking-Points-UPDATE.pdf>