



# March is Colorectal Cancer Awareness Month



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

# 80% by 2018

"80% by 2018" is a shared goal to have 80% of adults aged 50 and older regularly screened for colorectal cancer by 2018 (See March 22)

**The Regional Morris & Somerset County  
CHRONIC DISEASE & CANCER COALITION**  
*Early Detection Best Protection*  
www.co.somerset.nj.us • 908-231-7155

**Are you over 50?**  
Or over 40 with a family history of colon cancer?  
**Learn about the importance of screening**



★1

Fiber takes longer to chew and makes you feel full longer which helps with overeating.



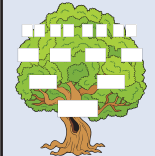
2

**IT'S FIBER FRIDAY!**  
**5 A DAY:** Fruits & vegetables often high in fiber have been linked to protecting against some cancers.



★3

Talk to your family about colorectal cancer, and have everyone **take a risk assessment!**



★4

**Call 973-971-5952** (se habla español) to see if you're eligible for a free cancer screening (Breast, Cervical, Colon or Prostate Cancer) through NJCEED. **Morristown Memorial Hospital**

★5

Symptoms of colorectal cancer include changes in bowel habits, blood in the stool, bloating and discomfort. **Learn more at www.cancer.org**

★6

NJCEED in Somerset County - Call Zufall Health Center in Somerville or check out the website (*hablamos español*) **908-526-2335** or www.zufallhealth.org

★7

**Get some exercise!** People who exercise regularly have a **16%** decrease in their chances of developing colon polyps and a **30%** decrease in the risk of developing large or advanced polyps.

8

Ask your healthcare provider about the Fit test (fecal immunochemical test). It is safe and easy and you can do it at home.

★9

**IT'S FIBER FRIDAY!**  
**FIBER MATTERS:** Whole grain foods (whole grain pastas, cereals, breads) with 3-5 grams of fiber per serving are good sources of fiber.

★10

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.

11

**Weight matters.** 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.

★12

Fiber has been nicknamed "nature's broom" because it helps "clean out" the 28 foot long digestive tract.



13

**Free Program** "Be a Fiber Prescriber to Prevent Colon Cancer" Steeple Chase Cancer Center, Somerville 11:00 to 1:30 pm A high fiber lunch will follow. Click to register!

★14

**Hemorrhoids** can cause rectal bleeding and should be taken care of. Blood in your stool is another matter; talk to your doctor about both.



★15

Calcium may help prevent colon cancer. Eat dairy, fortified cereals, canned salmon, and sardines with bones, tofu, kale and collards.

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It's St. Patrick's Day, a cup of shredded cabbage has 0.9 gram of soluble fiber, so call all your Irish friends and urge them to learn more about early detection and screening to reduce risk of colon cancer.

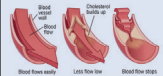


★17

**IT'S FIBER FRIDAY BONUS!** Use bean dips like hummus with whole grain crackers and vegetables for a high protein party appetizer.

★18

Increasing fiber intake can lower cholesterol levels and is linked with lowering the risk for heart disease.



★19

Visit SNAPED4ME.org to obtain access to free, low-cost, and healthy recipes for each meal of the day!



★20

Do you or do you know someone who has been diagnosed with cancer? **Cancer Support Community** of Central NJ has **FREE** resources and support for clients & family members

★21

**"80% by 2018"** The RCDC and it's members signed the pledge; join our efforts to help eliminate colorectal cancer as a major public health problem!

★22

**Free Program** "Curing Colorectal Cancer..." Morristown Medical Center Health Pavilion Rockaway 6:00pm Refreshments 6:30pm Program To register call : 973-971-6581

23

**IT'S FIBER FRIDAY!** Have a sweet tooth? Raspberries, blueberries, blackberries & strawberries are jam packed with fiber.



★24

**Screening can find precancerous polyps** - 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.

★25

**Just How Much:** 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

26

Try this simple approach to meal planning that can help lower cancer risk and lose weight.



★27

**STAY HYDRATED:** Drinking plenty of water helps fiber slow the rate of which food leaves your stomach. This helps you feel full longer.



★28

**Free Program** "Curing Colorectal Cancer..." 6:30pm Refreshments 7:00pm Program Bernards Township Municipal Building, Basking Ridge to register 908-204-2520 or health@bernards.org

29

Call two friends and tell them how easy your screening was. Better yet, **tell your Facebook friends and family!**



30

Colorectal screening **SAVES LIVES:** questions to ask your doctor about screening guidelines, colonoscopy and recommendations.



★31