

March is Colorectal Cancer Awareness Month

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



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



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



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

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

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

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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.

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

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Weight matters. Obesity increases your risk of colon cancer.



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



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

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Happy St. Patrick's Day!



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



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"80% in Every Community" The RCDC and it's members signed the pledge; join our efforts to help eliminate colorectal cancer as a major public health problem! ★ 19

REGISTER NOW! FREE Program "Protecting Your Colorectal Health" March 27th, 6-8 PM. Light dinner. Rockaway Health Pavilion, 3rd Floor Community Room. Registration Req'd - call: **1-800-247-9580**

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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

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



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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

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Just How Much: The Academy of Nutrition Dietetics recommends 25 g of fiber for adult women and 38 g for adult men. Start your day with a high fiber cereal containing 5 or more grams of fiber per serving. 26

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Free Program "Immunotherapy: Making a Mark on Colorectal Cancer" Speakers: Physicians from RWJ and free high fiber lunch provided 12 pm to 2:30 pm **Steeplechase Cancer Center** 27

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



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IT'S FIBER FRIDAY! Grab a bowl of popcorn for movie night as a good source of fiber. Ditch the butter and add a little olive oil and a pinch of salt for a healthy alternative! 29



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"80% in Every Community" is an initiative that continues the progress of and commitment from "80% by 2018" and reemphasizes dedication to partnership, collective action, and pooling of resources to reach 80% colorectal cancer screening rates nationally (See March 19).

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The Regional Morris & Somerset County CHRONIC DISEASE & CANCER COALITION

Early Detection Best Protection

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