

News from the Somerset County Board of Chosen Freeholders

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FOR IMMEDIATE RELEASE

March is Colorectal Cancer Awareness Month

Learn About Getting Screened and Eating Clean

Somerset County Freeholder Sara Sooy and the Morris-Somerset Regional Chronic Disease Coalition (RCDC), along with its partners are urging residents to get screened for colorectal cancer and begin eating a healthy diet of fiber-rich foods during Colorectal Cancer Awareness Month.

Find out more about the dangers of colorectal cancer until March 30, and visit the information table at the Somerset County administration building located at 20 Grove Street, Somerville. Pick up a free “Fiber-Fridays” calendar that has tips about how to add delicious fiber-rich foods to your diet, and find other free resources and information about colorectal cancer. An online version of the calendar with interactive links can be found at <http://bit.ly/CancerAware2019> .

Colorectal cancer is the second leading cancer-related killer in the United States, and the third most common cancer that affects men and women according to the Centers for Disease Control and Prevention (CDC). Adults age 50 and above and others who have risk factors or a family history of colon cancer should learn about the importance of colorectal cancer screening and healthy lifestyle choices.

Several screening methods are available including take-home tests, and many public and private insurance plans pay for colorectal cancer screening. There are local resources available to help people who are uninsured too.

Many programs are supporting colorectal awareness such as Fiber Matters: Fiber Fridays, an initiative that encourages people to add fiber-rich foods to their diet. This initiative, led by the RCDC, has designated Fridays during March as the time for people to begin their healthier lifestyle.

Another initiative, “80% in Every Community” is supported by organizations that are taking a pledge to help increase colorectal cancer screening rates. The goal for this initiative is to have 80% of adults age 50 and above get screened regularly for colorectal cancer. Over 1,700 organizations have signed the pledge to make this goal a priority, which would prevent 277,000 cases of colorectal cancer and 203,000 deaths by 2030. To be a part of this initiative visit <http://bit.ly/PledgeColonC> .

This important initiative is led by the American Cancer Society (ACS), the Centers for Disease Control and Prevention (CDC), and the National Colorectal Cancer Roundtable (an organization co-founded by the ACS and CDC and the RCDC).

For more information about free educational programs during the month of March, contact RCDC Coordinator Lea Kimmelman at (908) 203-6077 or kimmelman@co.somerset.nj.us.

For additional tips during the month of March, follow the Somerset County Department of Health on Twitter at <https://twitter.com/SCHealthDept>.

For more information about Somerset County residents' eligibility for low-cost or reduced-cost medical care, including exams and screenings call Zufall Health Center (Hablamos Espanol) at (908) 526-2335.

Morris County residents can contact the New Jersey Cancer Education and Early Detection Program (NJCEED) at the Carol G. Simon Cancer Center at Morristown Medical Center at (973) 971-5952 (Hablamos Espanol).

The Morris-Somerset Regional Chronic Disease Coalition is made possible by a grant from the New Jersey Office of Cancer Control and Prevention and is administered by the Somerset County Department of Health for more information visit <http://bit.ly/SCDOH2019> .

For more information about becoming a member, or to learn about available cancer resources, screening locations, dates, times and eligibility, contact RCDC Coordinator Lea Kimmelman at (908) 203-6077 or Kimmelman@co.somerset.nj.us

To stay up to date with Somerset County events and information, sign up for [free email alerts](#) at www.co.somerset.nj.us/subscribe or follow us on [Facebook](#) and [Twitter](#).

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