



# March is Colorectal Cancer Awareness Month



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

## 80% by 2018 and BEYOND

“80% by 2018 and BEYOND” 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](http://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

### IT'S FIBER FRIDAY!

**5 A DAY:** Fruits & vegetables often high in fiber have been linked to protecting against some cancers.



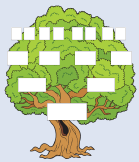
★2

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



3

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



★4

**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 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](http://www.cancer.org)**

★6

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

### 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.

★9

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.



10

**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.

★11

Fiber has been nicknamed “nature’s broom” because it helps “clean out” the 28 foot long digestive tract.



12

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

★13

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

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

### IT'S FIBER FRIDAY BONUS!

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

★16

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.

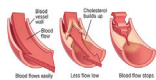


17

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

★18

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



★19

**Free Program** “Protecting Your Colorectal Health” Morristown Medical Center Health Pavilion 333 Mount Hope Ave Rockaway, NJ • 6-8 pm Light dinner served. **Registration required, 1-800-247-9580**

20

**REGISTER NOW** for a **Free Program** on Colon Cancer “What A Bummer!” Various speakers. **March 28th 7:00 pm** Bernards Twp Register by calling 908-204-2520 or email [health@bernards.org](mailto:health@bernards.org)

21

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

★22

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



★23

Visit [SNAP4ME.org](http://SNAP4ME.org) to obtain access to free, low-cost, and healthy recipes for each meal of the day!



★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.

*The New American Plate*



★27

**Free Program** “The Colon Comparison: Cologuard Versus Colonoscopy” Speakers and **free high fiber lunch** provided 12 pm to 2:30 pm Steeplechase Cancer Center 1-888-637-9584

28

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

★29



**IT'S FIBER FRIDAY!** Call 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

1	<a href="https://www.cdc.gov/cancer/colorectal/basic_info/screening/">https://www.cdc.gov/cancer/colorectal/basic_info/screening/</a>
2	<a href="https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods">https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods</a>
3	-
4	<a href="http://www.ccalliance.org/get-screened/prevention-and-screening/risk-quiz/">http://www.ccalliance.org/get-screened/prevention-and-screening/risk-quiz/</a>
5	<a href="https://www.atlantichealth.org/conditions-treatments/cancer-care/cancer-support-services/cancer-screening-early-detection.html">https://www.atlantichealth.org/conditions-treatments/cancer-care/cancer-support-services/cancer-screening-early-detection.html</a>
6	<a href="https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/colorectal-cancer-fact-sheet.pdf">https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/colorectal-cancer-fact-sheet.pdf</a>
7	<a href="https://www.zufallhealth.org/for-patients/locations/#somerville">https://www.zufallhealth.org/for-patients/locations/#somerville</a>
8	-
9	<a href="https://wholegrainscouncil.org/">https://wholegrainscouncil.org/</a>
10	-
11	<a href="http://www.aicr.org/reduce-your-cancer-risk/weight/tools_bmi_calculator.html">http://www.aicr.org/reduce-your-cancer-risk/weight/tools_bmi_calculator.html</a>
12	-
13	<a href="https://www.ccalliance.org/test/fecal-immunochemical-test-fit/">https://www.ccalliance.org/test/fecal-immunochemical-test-fit/</a>
14	-
15	<a href="https://www.mayoclinic.org/diseases-conditions/hemorrhoids/multimedia/hemorrhoids/img-20006971">https://www.mayoclinic.org/diseases-conditions/hemorrhoids/multimedia/hemorrhoids/img-20006971</a>
16	<a href="https://njaes.rutgers.edu/fchs/recipes/">https://njaes.rutgers.edu/fchs/recipes/</a>
17	-
18	<a href="http://cancersupportcnj.org/">http://cancersupportcnj.org/</a>
19	<a href="http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/HealthyDietGoals/Whole-%03Grains-and-Fiber_UCM_303249_Article.jsp#.WqfWK1KWzX5">http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/HealthyDietGoals/Whole-%03Grains-and-Fiber_UCM_303249_Article.jsp#.WqfWK1KWzX5</a>
20	Protecting Your Colorectal Health 1-800-247-9580
21	What a Bummer! 1-908-204-2520
22	<a href="http://nccrt.org/what-we-do/80-percent-by-2018/">http://nccrt.org/what-we-do/80-percent-by-2018/</a>
23	<a href="https://www.fruitsandveggiesmorematters.org/">https://www.fruitsandveggiesmorematters.org/</a>
24	<a href="http://njsnap-ed.gov/">http://njsnap-ed.gov/</a>
25	<a href="https://www.cdc.gov/cancer/colorectal/basic_info/screening/">https://www.cdc.gov/cancer/colorectal/basic_info/screening/</a>
26	-
27	<a href="http://www.aicr.org/new-american-plate/">http://www.aicr.org/new-american-plate/</a>
28	The Colon Comparison 1-888-637-9584
29	<a href="https://www.eatright.org/fitness/sports-and-performance/hydrate-right/water-go-with-the-flow">https://www.eatright.org/fitness/sports-and-performance/hydrate-right/water-go-with-the-flow</a>
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31	<a href="https://www.cdc.gov/cancer/colorectal/basic_info/screening/tests.htm">https://www.cdc.gov/cancer/colorectal/basic_info/screening/tests.htm</a>