

Colorectal Awareness

WELCOME TO THIS MONTH'S EDITION OF LIVE WELL, WORK WELL. IN THIS ISSUE WE WILL BE FOCUSING ON THE IMPORTANCE OF COLORECTAL AWARENESS.



WHAT IS COLORECTAL CANCER?

Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer, for short. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus. Sometimes abnormal growths, called polyps, form in the colon or rectum. Over time, some polyps may turn into cancer. Screening tests can find polyps so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment works best.

Source: https://www.cdc.gov/cancer/colorectal/basic_info/what-is-colorectal-cancer.htm

Colon Cancer at a Glance



Colon cancer is the second leading cause of cancer-related death in the U.S.



On average, your risk is about 1 in 20, although this varies according to individual risk factors.

50+

90% of new cases occur in people 50 or older.



People with a first-degree relative (parent, sibling or offspring) who has colon cancer have two to three times the risk of developing the disease.



There are currently more than one million colon cancer survivors in the U.S.



HUMAN RESOURCES DEPARTMENT

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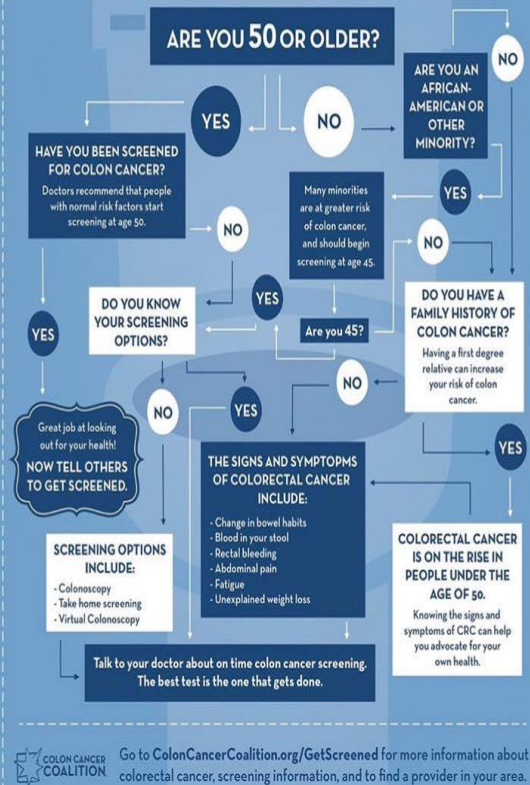
Give Good Health A Test Drive

Do you remember to take your car in for routine maintenance? What about a physical exam once a year for yourself? Most guys are more in tune with their cars than their own bodies. Just like your car, your health needs regular checkups. Here are a few tips for healthy lifestyle choices:

- Adding more fruits and vegetables to your diet
- Keeping serving sizes in check and watching salt, fat and empty calories
- Staying safe to help avoid injuries at work, home or play
- Taking part in 30 minutes of physical activity most days of the week
- Quitting smoking or not starting
- Losing some pounds if you are too heavy
- Limiting alcohol use

Source: Men's Health Network: Centers for Disease Control and Prevention

COLON CANCER SCREENING GUIDE



Statistics show that as a general rule, men die five years sooner than women. More than half of these early deaths could be avoided.

Think about regular preventive tests to check for high cholesterol, diabetes and other diseases, such as prostate, testicular and colorectal cancer.

Keep on track:

Do your maintenance work. Consider exams and screenings to help detect or avoid disease and keep you healthier.

WHAT ARE THE RISK FACTORS FOR COLORECTAL CANCER?

Your risk of getting colorectal cancer increases as you get older, but getting regular physical activity and keeping a healthy weight may help lower your risk. Your risk of getting colorectal cancer increases as you get older. About 90% of cases occur in people who are 50 years old or older. Other risk factors include having:

- Inflammatory bowel disease such as Crohn's disease or ulcerative colitis.
- A personal or family history of colorectal cancer or colorectal polyps.
- A genetic syndrome such as familial adenomatous polyposis (FAP) external icon or hereditary non-polyposis colorectal cancer (Lynch syndrome).

Lifestyle factors that may contribute to an increased risk of colorectal cancer include:

- Lack of regular physical activity.
- A diet low in fruit and vegetables.
- A low-fiber and high-fat diet, or a diet high in processed meats.
- Overweight and obesity.
- Alcohol consumption.
- Tobacco use.

Source: https://www.cdc.gov/cancer/colorectal/basic_info/risk_factors.htm



Colorectal Cancer Risk Factors

Hereditary

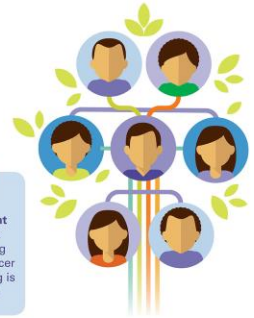
Do you have a first-degree relative—parent, sibling or child—with colorectal cancer or advanced colorectal polyps before the age of 60?

Yes

10 to 20 percent lifetime risk of developing colorectal cancer if no screening is performed

No

5 to 6 percent lifetime risk of developing colorectal cancer if no screening is performed



Genetic

People who have **Lynch syndrome** can have a lifetime risk of colorectal cancer as high as 80 percent.

Almost all people with **familial adenomatous polyposis (FAP)** will develop colorectal cancer by age 40. Most people with this genetic mutation have their colons removed as a preventive measure against colorectal cancer.

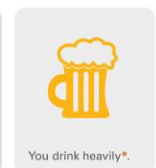
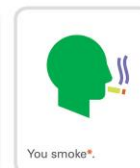
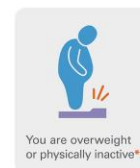
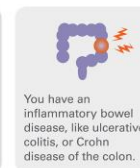
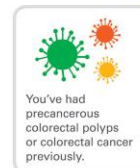
Racial and Ethnic

African Americans have the highest occurrence and mortality rates of colorectal cancer in the U.S.

Ashkenazi Jews have the highest risk of developing colorectal cancer in the world.

Personal History

Your risk is also greater if...



*These are things you can change.

Colorectal Cancer Symptoms

- Blood in stool
- Changes in bowel movements, especially if you're older
- Iron deficiency anemia
- Rectal discomfort
- Abdominal pain or masses

The more symptoms you have, the greater the concern. It's common for people with colorectal cancer to have no symptoms at all. That's why regular screening is vital.

Sources:
https://www.cdc.gov/cancer/colorectal/pdf/04f1_inerts_riskfactors.pdf
https://www.cdc.gov/cancer/colorectal/basic_info/risk_factors.htm
<https://www.cancer.org/cancer/colorectal-cancer/diagnosis>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4977415/>
<https://www.cancer.org/cancer/colorectal-cancer/diagnosis-staging/tips-recommendations.html>

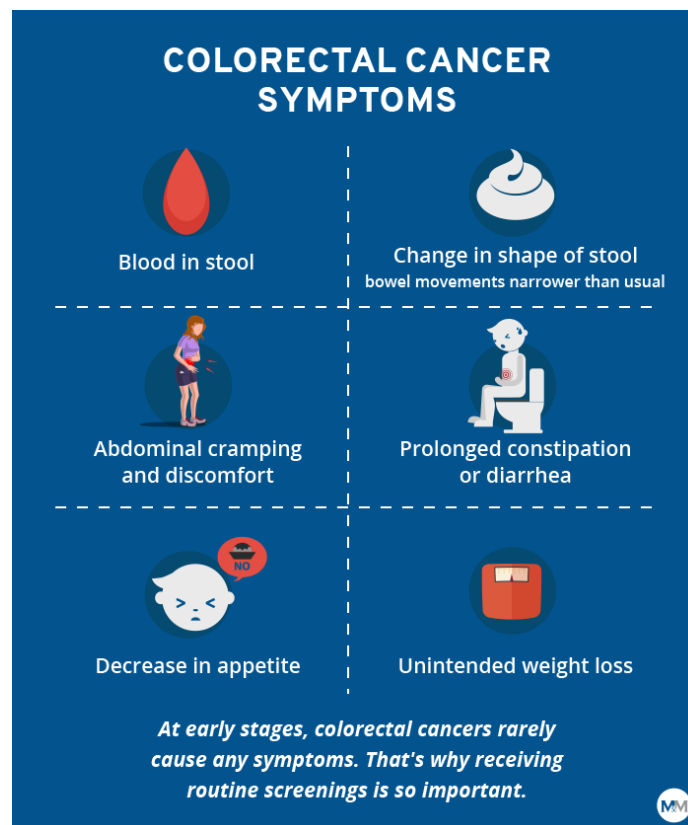
What Are The Symptoms of Colorectal Cancer?

Abdominal pain, aches, or cramps may be symptoms of colorectal cancer. If you have any symptoms that worry you, be sure to see your doctor right away. Colorectal polyps and colorectal cancer don't always cause symptoms, especially at first. Someone could have polyps or colorectal cancer and not know it. That is why getting screened regularly for colorectal cancer is so important.

If you have symptoms, they may include:

- A change in bowel habits.
- Blood in or on your stool (bowel movement).
- Diarrhea, constipation, or feeling that the bowel does not empty all the way.
- Abdominal pain, aches, or cramps that don't go away.
- Losing weight and you don't know why.

If you have any of these symptoms, talk to your doctor. They may be caused by something other than cancer. The only way to know what is causing them is to see your doctor.



Source: https://www.cdc.gov/cancer/colorectal/basic_info/symptoms.htm



Reminder

Mandatory Physical Deadline is March 31, 2021

- **Physical Required**
A medical physical is required to be taken during the first six (6) months of the plan year. You must visit a physician for a physical between October 1, 2020 and March 31, 2021.
- **Physical Documentation**
You must submit the required Physical Screening Form (or a Dr.'s Note) no later than March 31, 2021.
- **Physical Covered 100% - No Copay**
Physicals are covered once per plan year (October-September).
- **Physical Penalty Fee**
If you do not take a physical by March 31, 2021, you will be assessed a \$50 monthly penalty fee from April 2021 through September 2021.

About Screening

What is Colorectal Cancer Screening?

- If you are age 50 to 75 years old, you should get screened for colorectal cancer.
- The U.S. Preventive Services Task Force recommends screening beginning at age 50. Some groups recommend starting earlier, at age 45.
- The vast majority of new cases of colorectal cancer (about 90%) occur in people who are 50 or older.
- Millions of people in the United States are not getting screened as recommended. They are missing the chance to prevent colorectal cancer or find it early, when treatment often leads to a cure.
- If you think you may be at increased risk for colorectal cancer, learn your family health history and ask your doctor if you should begin screening before age 50.

A screening test is used to look for a disease when a person doesn't have symptoms. (When a person has symptoms, diagnostic tests are used to find out the cause of the symptoms.)

Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best.

Source: https://www.cdc.gov/cancer/colorectal/basic_info/screening/index.htm

Colorectal Cancer Screening SAVES LIVES

RISK FACTORS



Age

Age is the single most important risk factor. Ages 50 and over should be screened for colorectal cancer.

Family History
Those with family history of colorectal cancer should start screening earlier than Age 50. Get your doctor's recommendation.

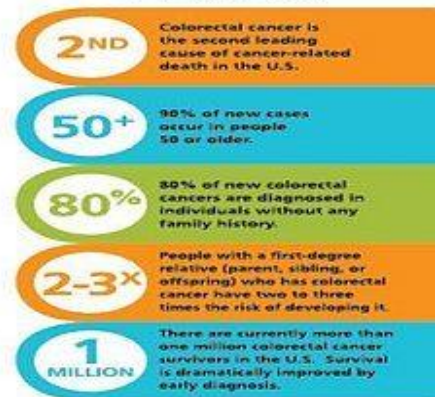
Gender

Both men and women are at risk for colorectal cancer but it is greater in men.

Ethnicity

African Americans have the highest rate of colorectal cancer incidence of all racial groups in the United States.

COLORECTAL CANCER FACTS



PREVENTION



Get Screened



Exercise 30 Minutes a Day



Eat Fruit, Veggies and Whole Grains



Stop Smoking



Low or No Alcohol Usage



Lose Weight

TALK TO YOUR DOCTOR ABOUT SCREENING OPTIONS

The two common screening tests available at Providence:

Colonoscopy

- Screening and Detection
- Prevention of colon cancer by removal of polyps
- Repeat every 10 years
- Preparation required

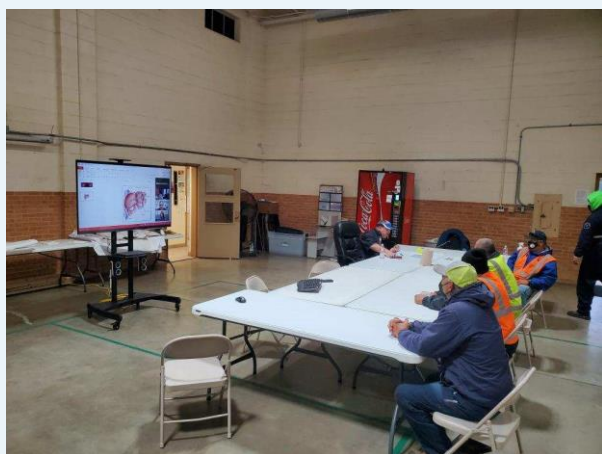
Fecal Immunochemical Test (FIT)

- Screening only
- If test is positive, colonoscopy is required
- Repeat yearly
- No dietary restrictions needed before test

Last Month's Winner:

February 11, 2021
 "Healthy Heart"

Daniel Alejandro - \$10 Subway Gift Card



Upcoming Events:

[Virtual Colorectal Awareness Seminar](#)
 Thursday, March 11, 2021

Nationwide Educational Webinars:
["Retirement Myths and Realities"](#)
 Tuesday, March 2, 2021, at 10:00 a.m.

["Social Security"](#)
 Thursday, March 4 2021, at 10:00 a.m.

["Cyber Security"](#)
 Wednesday, March 10, 2021 at 11:00 a.m.

["Investment Types and Risks"](#)
 Thursday, March 18, 2021, at 1:00 p.m.

["Approaching Retirement"](#)
 Tuesday, March 23, 2021, at 10:00 a.m.

SOFA Webinar

["Mortgages: Efficient Ways to Pay it Off"](#)
 Thursday, March 25, 2021, at 2:30 p.m.

Let's Get Moving!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5 Ball Squats 3 Sit Ups 1 Push Up	2 6 Ball Squats 4 Sit Ups 2 Push Ups	3 7 Ball Squats 5 Sit Ups 3 Push Ups	4 Squat Rest 7 Sit Ups 5 Push Ups	5 8 Ball Squats Sit Ups Rest 7 Push Ups	6 10 Ball Squats 8 Sit Ups Push Ups Rest
7 10 Ball Squats 8 Sit Ups 9 Push Ups	8 12 Ball Squats 10 Sit Ups 10 Push Ups	9 13 Ball Squats 11 Sit Ups 11 Push Ups	10 Squat Rest 12 Sit Ups 12 Push Ups	11 14 Ball Squats Sit Ups Rest 13 Push Ups	12 15 Ball Squats 14 Sit Ups Push Ups Rest	13 16 Ball Squats 15 Sit Ups 15 Push Ups
14 17 Ball Squats 16 Sit Ups 16 Push Ups	15 18 Ball Squats 17 Sit Ups 17 Push Ups	16 Squat Rest 20 Sit Ups 18 Push Ups	17 20 Ball Squats Sit Up Rest 20 Push Ups	18 25 Ball Squats 25 Sit Ups Push Ups Rest	19 30 Ball Squats 30 Sit Ups 22 Push Ups	20 32 Ball Squats 32 Sit Ups 23 Push Ups
21 35 Ball Squats 35 Sit Ups 25 Push Ups	22 Squat Rest 40 Sit Ups 26 Push Ups	23 40 Ball Squats Sit Ups Rest 28 Push Ups	24 45 Ball Squats 43 Sit Ups Push Ups Rest	25 45 Ball Squats 45 Sit Ups 30 Push Ups	26 50 Ball Squats 50 Sit Ups 35 Push Ups	27 55 Ball Squats 55 Sit Ups 38 Push Ups
28 Squat Rest 60 Sit Ups 40 Push Ups	29 60 Ball Squats Sit Ups Rest 45 Push Ups	30 65 Ball Squats 70 Sit Ups Push Ups Rest	31 75 Ball Squats 75 Sit Ups 50 Push Ups			