

March 2010

Featured health observance: **NATIONAL COLORECTAL CANCER AWARENESS MONTH**

Regular physical activity may help you lower your risk of cancer of the colon or rectum, often called colorectal cancer. This is another great reason to get moving (exercise)! Also, if you are over 50, ask your doctor which of the following important screening tests are right for you:

- Colonoscopy every 10 years
- Flexible sigmoidoscopy every 5 years
- Yearly fecal (stool) occult blood test

Ask your doctor if you should get screened for this cancer more often or starting at a younger age. Your doctor may also recommend a different screening plan for you. (U.S. Department of Health and Human Services, Office on Women's Health)

Other dates to remember:

March 3rd: **National Women and Girls HIV/AIDS Awareness Day**

March 14th: **Daylight Saving Time Begins**

March 17th: **St. Patrick's Day**

March 20th: **Spring begins**

Respectfully submitted by: Chyrileen B. Kilcrease
Health Crisis and Management Team