



Good News



Fun Easter activity idea

You can make the kids' Easter baskets more meaningful with an Easter egg time capsule.

Have each child write a short note to themselves -- you can help young children write theirs. Next year, they get a plastic egg in their Easter basket that holds this year's note. So every Easter basket is also a sort of time capsule.

You could have them answer a question: What is your favorite toy right now? What did you learn at school recently? What is one thing you really want to do or a place do you really want to go?

You might do this activity while you dye Easter eggs. Write each child's name on their egg and store the time capsules with the other Easter decorations.

Colorectal Cancer Awareness Month:

Five things to know about colorectal cancer

Colorectal cancer is the third most common cancer diagnosis among both men and women in the U.S., with about 153,000 total new cases in 2023 alone. It's also the second leading cause of cancer-related deaths in the U.S., and was projected to claim about 53,000 lives in 2023 alone, according to the American Cancer Society. But survival rates have steadily ticked upwards for decades, thanks to early detection and widespread lifestyle changes.

Here are five key things to know about colorectal cancer:

1. Colorectal cancer is a catch-all term for cancers that originate in the colon or rectum. About 1 in 23 men and 1 in 25 women will develop colorectal cancer during their lifetime.

2. You can reduce your risk of developing colorectal cancer if you maintain a healthy weight, exercise regularly, eat a healthy diet that prioritizes fresh foods and limits red or processed meats, abstain from tobacco, and limit your alcohol consumption.

3. People with first degree relatives (parents, siblings, children) who have been diagnosed with colorectal cancer or adenomatous polyps have a higher risk of developing cancer themselves. Some gene mutations, such as Lynch syndrome, are also linked with colorectal cancer in families.

4. Regular screening, such as a colonoscopy, is crucial to find colorectal cancer early or prevent it entirely. The U.S. Preventive Services Task Force recommends regular screening for all adults age 45 to 75. People with certain risk factors, like a family history of colorectal cancer, may need earlier and more frequent screenings.

5. Common colorectal cancer symptoms include blood in your stool, unusual diarrhea or constipation, feeling like your bowel does not fully empty, abdominal pain, or unexplained weight loss. Talk to your doctor right away if you notice any of these symptoms.





National Kidney Month:

Get tested

Every day your kidneys go about their work of removing excess fluid and waste from your blood. You probably never think about them. But you should.

In addition to filtering waste, the kidneys have several other important jobs to do. Consider this: They produce the two hormones needed to make red blood cells and regulate blood pressure, and they produce the active form of vitamin D, which helps maintain calcium for bones and other body functions.

At your regular check-up, ask your doctor about a blood test to measure your kidney function. Early detection of a problem is very important.

Each kidney has millions of tiny nephrons that act as filters. Beginning around age 40, a natural loss of nephrons occurs, but because there are so many, that doesn't cause problems unless other factors are present. If you have high blood pressure, diabetes, or both, some nephrons will lose their ability to filter blood.

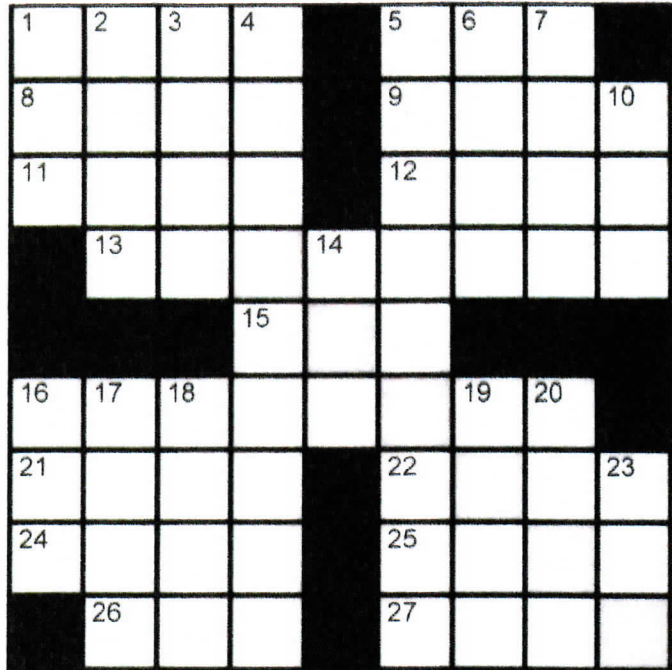
In addition to controlling diabetes and blood pressure, you can protect your kidneys with these steps.

* If you regularly take over-the-counter painkillers, especially for a long period of time, check with your doctor. The doctor may be able to recommend a safer

PLANETARY RESIDENTS

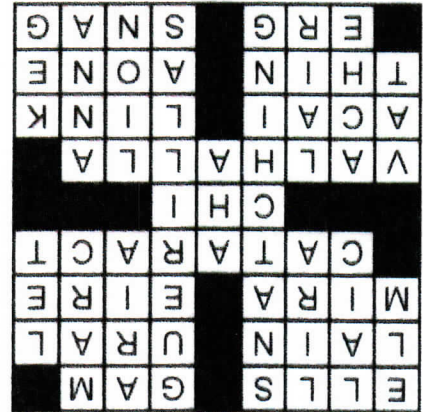
Across

1. Some bent pipes
5. School of whales
8. An anagram for anil
9. Russian river
11. Actress Sorvino
12. Cork's country
13. Common eye problem
15. Fraternity letter
16. Wagner opera setting
21. Antioxidant berry
22. Connect
24. Slender
25. Top-rated
26. Unit of work
27. Unforeseen difficulty



Down

1. Freddy Krueger's street
2. Secular
3. Old Italian money
4. Pickpocket's activity
5. Freedom fighters
6. La Scala highlight
7. Artist Chagall
10. Allow
14. "Caught you!"
16. Big wine holder
17. Hurt
18. Place to hibernate
19. Animal with a mane
20. "___ Karenina"
23. Fraternity party staple



The headline is a clue to the answer in the diagonal.

alternative.

* Always seek prompt treatment for strep throat. When streptococcus invades the kidneys of adults, it can lead to kidney problems and kidney failure in some cases.

* Be cautious about "natural" supplements. Products labeled "natural" aren't necessarily safe, and some can work like prescription drugs. Patients taking blood thinners should know that garlic, ginger, ginko biloba, and ginseng all contain natural anticoagulants, and could cause internal bleeding in people taking blood thinners.

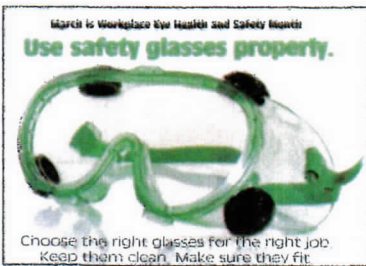


"Of course you did better in history. There was a lot less of it when you were my age."

March: Eye Health and Safety Month

During this special month, Prevent Blindness America reminds us to have regular eye examinations and wear protective eyewear when needed, whether we're on and off the job.

The most common causes of workplace eye injuries are flying objects (bits of metal or glass), tools, particles, chemicals, radiation, or any combination of these hazards.



There are three key things you can do to protect your eyes:

- * Know the eye safety dangers on your particular job.

- * Eliminate hazards before you start work. Use machine guarding, work screens, or other controls.

- * Use proper eye

protection.

Always use safety eyewear whenever there is a chance of eye injury. Anyone working or passing through hazardous areas should wear protective eyewear.

Safety eyewear includes prescription and non-prescription safety glasses, goggles, face shields, welding helmets, and full-face respirators. The type of protection you need depends on the hazards in your workplace. If there are flying objects or particles in your work area, you must wear safety glasses.

It's time to prepare for storms

Springtime and early summer are the seasons for windstorms, tornadoes, and hail in many parts of the country.

If they are common where you live, put together a power outage kit to ensure that you're prepared. Keep it in a water-resistant storage container in a location you can easily access.

The kit should include:

- * A safe light source such as a battery-powered lantern, flashlights or battery-powered area lights, and extra batteries. Avoid candles.

- * An assortment of hand tools including pliers, a screwdriver, a cutting blade and a wire cutter.

- * Include a utility knife, duct tape, a utility lighter to light pilot lights, a fire extinguisher, and a first aid kit.

Note that if all your phones are portable, they won't work when the power is out, and you won't be able to charge your cell phone.

Other items you will want to have available are a battery-operated radio for news updates and instructions, a battery-operated clock, prescription medications, and pet supplies.

There could be a long wait before power comes on, so know where you can find your favorite books, decks of cards, and games.



AI earns fans and critics in the healthcare industry

An AI chatbot with better bedside manner than your doctor? It sounds unlikely, but Google may have pulled it off with a chatbot trained to conduct medical interviews and suggest diagnoses based on medical history.

According to the journal *Nature*, Google's AI model diagnosed respiratory or cardiovascular conditions as well or better than board-certified primary care physicians, gathered similar information during medical interviews, and even scored higher on empathy.

Google's chatbot is just the latest splash in a tidal wave of AI-based medical software products that claim to do everything from automate routine administrative tasks to predict complications in high-risk patients. Evangelists say that AI will help diagnose complex conditions more easily, make medical care most cost-effective, and guard against potentially deadly human error, according to *Forbes*. It could even discover new drugs and predict side effects.

But while AI has already gained some popularity as a virtual assistant that cuts back on paperwork, physicians are generally more reluctant to rely on its clinical judgment, according to the *New York Times*. Their concerns are well-founded -- one AI program, designed to predict sepsis, instead inundated doctors with false alarms. And according to a study published in the journal *Nature*, faulty data set and programming led another AI tool to approve treatments for white patients while denying them to Black patients who were just as sick.

Lawmakers have also sounded alarms about patient privacy, data security, and informed consent. In an October letter to Google CEO Sundar Pichai, Sen. Mark Warner of Virginia expressed his concern that tech companies may be prioritizing market share over patients, and urged Google to be more transparent and take steps to safeguard patient information.



March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 World Day of Prayer	2 Iditarod
3	4 PI Day	5	6	7	8	9
10	11	12	13	14	15 Ides of March	16 Panda Day
17 St. Patrick's Day	18	19 SPRING BEGINS	20	21	22 Day of Seal	23
24 Palm Sunday	25 Worm Moon	26	27 Manatee Day	28	29 Good Friday	30
31 Easter						

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