

Breaking News: New Colon Cancer Screening Guidelines!

Did you know colorectal cancer is the second-leading cause of cancer death in men and women according to the CDC?

Recently, colorectal cancer has been increasing in frequency in younger generations. Multiple factors are associated with this increased risk in younger people, including genetics, obesity, and diet.

The U.S. Preventative Services Task Force issued a new recommendation that for people at average risk colorectal cancer screening should start at age 45 and should continue until age 75. For those beyond age 75, the decision to continue screening should be discussed with their provider. For screening, people are considered average risk if they do not have:

1. A personal or family history of colorectal cancer or certain types of polyps
2. A personal history of inflammatory bowel disease
3. A confirmed or suspected hereditary colorectal cancer syndrome
4. A personal history of receiving radiation to the abdomen or pelvis to treat a prior cancer

Colonoscopies continue to be the standard for colorectal cancer screening. The benefit of colonoscopy is that it can be both preventative and therapeutic as any discovered polyps are often treated during the procedure. There are alternative methods that can be considered in low-risk patients and can be discussed.

Symptoms that are concerning and should prompt a visit to your provider include: rectal bleeding, abdominal pain, changes in stool habits or stool shape, unintentional weight loss, decreased appetite, worsening constipation, and ongoing diarrhea.

T.I.M.'s Good Eats

Do you have picky family members at home when it comes to mealtimes? Here's a quick recipe that will hopefully please everyone. These chicken tenders can be spiced up a bit with any of your favorite seasonings or served as is. Try these with some home baked sweet potato wedges and a salad and your dinner is done in no time! I have also made this recipe when meal prepping to serve on my salads for lunch throughout the week. If you buy the chicken already cut into tenders, this recipe is super quick!

Betty Crocker Oven-Fried Chicken Tenders

- ☐ 1/4 cup all-purpose flour
- ☐ 1 egg
- ☐ 1 tablespoon water
- ☐ 1 cup plain or Italian style panko crispy bread crumbs
- ☐ 1/2 cup grated Parmesan cheese
- ☐ 1 ¼ pound (20 oz) chicken breast tenders

Favorite dipping sauce, if desired

Directions:

1. Heat oven to 425 F. Line cookie sheet with foil (or parchment paper); spray with cooking spray.
2. In shallow dish, place flour. In another shallow dish, beat egg and water. In third shallow dish, mix bread crumbs and cheese. Coat chicken with flour; dip into egg mixture, then coat with bread crumb mixture. Place on cookie sheet.
3. Bake 15 to 20 minutes, turning once until chicken is no longer pink in center and coating is golden brown. Serve with dipping sauce.

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Pet Corner

By: Jennifer

I have loved animals for as long as I can remember. So, it's no surprise that I have three dogs at home. If you have ever chatted with me, I am sure you have heard me talk about them, almost as much as my human kiddos. I would love to share a little bit about my dogs and my passion for rescue animals.

First up is our oldest and sweetest dog, Pepper. We adopted Pepper at seven and a half weeks old. She had the cutest white patches on her black fur and is half black Labrador Retriever and German Shorthair Pointer. Pepper is the ultimate counter surfer and food beggar. She has perfected the head tilt and "puppy dog eyes" to try and win treats.

Unfortunately, she is on a little diet per her veterinarian. She loves to cuddle with anyone who will let her and thinks that all humans are there to pet her. Pepper's best friend is my son Alex. My second dog is our small, but very mighty chihuahua mix rescue named CeCe. My family started out fostering her, but she quickly became part of our family, and we officially adopted her. CeCe will bark ferociously at anyone who approaches the house or comes in, but soon will be cuddled on their lap. Her favorite things are mealtimes, fuzzy blankets and laying on the warm sunny patio.

This last summer, we took the plunge and adopted another rescue, a 10-week-old puppy we named Duke. He is a pitty/pointer mix who was rescued with his siblings and mom from a farm in Southern Oregon. He was the sweetest and sleepest puppy and has grown into a well-behaved dog. Duke loves to go for daily walks, pull all the toys out of his basket, play tug of war, and find the biggest stick in the yard or come cuddle with one of his humans.

I cannot imagine my life without my canines!

**Odds & Ends**

Membership: July is fast approaching. Please be on the lookout for your membership renewal letters. The majority of Dr. Glaser's patients will be receiving these around the first of June. Thanks once again for all your support in helping us to remain a small, independent practice.

Home-visits: Anita Cintron Rivera, our wonderful physician's assistant, has been out helping us catch up on some long overdue Wellness Exams. This service is offered on Mondays on a limited basis. She can also provide in-home follow-ups and/or medication reviews. Please check with your care team if you are interested in this service.

New patients: While Dr. Glaser has a full practice many patients (new and existing) have had the opportunity to meet Adam Berens who began with our clinic in 2022. He is accepting new patients and is well liked by patients and staff alike. Don't hesitate to "Google" the clinic and leave a nice review if you want to support us in an easy way.

Physicals and Wellness Exams: Please try to schedule these at least 2-3 months in advance. We schedule longer times for these appointments, limit the number of physicals per day, and they fill up fast!

Letters to the editor:

Pat is our membership coordinator and editor of the newsletter. Questions about either can be directed to Pat by emailing her at pat@tualatinmed.com or calling the regular clinic number and leaving a message.

(Not a privacy protected email so membership questions only by email.)

Team:

Adam Glaser, MD
Adam Berens, FNP
Anita Cintron Rivera, PA-C
Kathy – Office Manager/Billing
Jennifer – Medical Assistant
Pat – Medical Assistant/Membership
Johanne – Medical Assistant