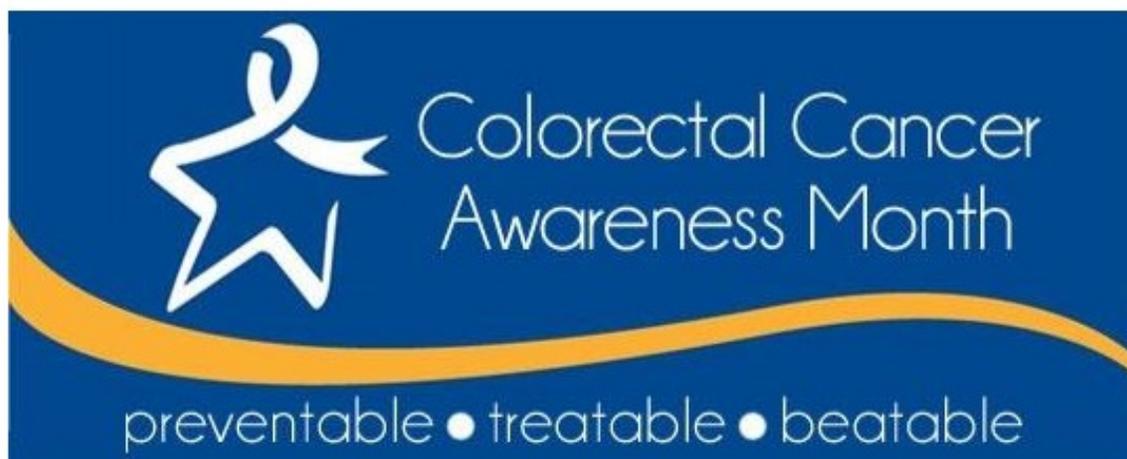




A collaborative approach to personal and community health through education, prevention, and healthcare services



COLORECTAL CANCER AWARENESS MONTH

March is National Colorectal Cancer Awareness Month reminds us that early detection is key to treating colorectal cancers. The month-long observance shines a spotlight on risk factors, research, and aims to raise awareness.

According to the American Cancer Society, more than a million people in the United States count themselves as survivors. While early detection and treatments make a difference, there is more that can be done. Knowing the causes and risk factors helps prevent colorectal cancer.

Risk Factors We Control

- **Diet** – Studies show that diets rich in red and processed meats may contribute to colorectal cancer risks. Also, how we prepare our proteins may increase our risk, too. Grilling, frying, and high-temperature cooking release chemicals that may contribute to colorectal cancer risks. Diets full of fruits, vegetables, and whole grains reduce our risk of colon cancer as well as other health risks.
- **Exercise** – Sedentary lifestyles and obesity are two more risk factors for colorectal cancer. Once again, physical activity helps to reduce our risk factors for another disease.
- **Smoking and heavy alcohol use** – Quit the one and limit the other. Ask your physician if you need help with either one.
- **Family history** – While you can't control this, you can know it. Report it to your primary care physician so if your family history shows an increased risk for you, she can decide if you need early screening. Knowledge is power.

HOW TO OBSERVE #ColorectalCancerAwarenessMonth

Take action during Colorectal Cancer Awareness Month. Speak with your doctor about your risk factors and collect your family history.

Visit www.cancer.org to learn more about risk factors, early detection, and treatment. Use #ColorectalCancerAwarenessMonth to share on social media.

NATIONAL COLORECTAL CANCER AWARENESS MONTH HISTORY

President Bill Clinton dedicated March as National Colon Cancer Awareness Month in 2000.

Sincerely,

Del Norte Healthcare District Board of Directors
Elizabeth Austen, B.A.
Michael Young
Kevin Caldwell, M.D.
Tonya Pearcey, R.N.
David Mason

Sources:

<https://nationaltoday.com/national-colorectal-cancer-awareness-month/>

<https://www.ccalliance.org/about/awareness-month>

<https://gicancer.org.au/colorectal-cancer-awareness-month/>

<https://health.gov/news/202202/march-national-health-observances-colorectal-cancer-kidney-disease-nutrition-and-more>



[Like the Del Norte Healthcare District on Facebook](#) to stay up to date with our announcements, newsletters, and board actions.

We love our community partners! In collaboration with the Del Norte Healthcare District, the [City of Crescent City](#) is now offering FREE Saturday Recreational swims for everyone and monthly swim passes are available to eligible seniors. Call the Aquatic Supervisor at 707-458-8452 for more information.



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