

# Barbour County Health Department

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Of cancers that affect both men and women, colorectal (colon) cancer is the second leading cause of cancer-related deaths in the United States. It is the third most common cancer in men and in women.

In 2014 (the most recent year numbers are available)—

- 139,992 people in the United States were diagnosed with colorectal cancer, including 73,396 men and 66,596 women.
- 51,651 people in the United States died from colorectal cancer, including 27,134 men and 24,517 women.

– Centers for Disease  
Control and Prevention

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## Screening Information

Screening can find precancerous polyps—abnormal growths in the colon or rectum—so that they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure. About nine out of every 10 people whose colorectal cancers are found early and treated appropriately are still alive five years later.

If you are aged 50 or older, get screened now. If you think you may be at increased risk for colorectal cancer, speak with your doctor about when to begin screening, which test is right for you, and how often to get tested.

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## Immunization Schedule

**Mondays:**  
**9-11 am & 1-3 pm**

**Tuesdays:**  
**9-11 am**

**Wednesdays:**  
**1-3 pm**

**Fridays:**  
**9-11 am**

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## Important Announcement!

The Time is Now! Learn to control your diabetes. Are you a person with Medicare who has diabetes or know someone who does? Sign up today for a FREE 5-week workshop at the Barbour County Health Department. All days are on Tuesday from 10:00 am to 12:00 pm.

Workshop #1: March 6

Workshop #2: March 13

Workshop #3: March 20

Workshop #4: March 27

Workshop #5: April 3

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## More Information

### Prevention

Prevention can include many more things than just screening.

1. **Eat lots of vegetables, fruits, and whole grains.** Diets that include lots of vegetables, fruits, and whole grains have been linked with a decreased risk of colon cancer. Eat less red meat (beef, pork, or lamb) and processed meats (hot dogs and some luncheon meats), which have been linked with an increased risk of colon cancer.
2. **Get regular exercise.** If you are not physically active, you have a greater chance of developing colon cancer. Increasing your activity may help reduce your risk. Learn more about how to meet diet and exercise goals at [cancer.org/foodandfitness](http://cancer.org/foodandfitness).
3. **Watch your weight.** Being overweight or obese increases your risk of getting and dying from colon cancer. Eating healthier and increasing your physical activity can help you control your weight.
4. **Don't smoke.** Long-term smokers are more likely than non-smokers to develop and die from colon cancer. If you smoke and you want to quit, or know someone else who does, see the American Cancer Society [Guide to Quitting Smoking](#), or call us at 1-800-227-2345. Getting help increases your chances of quitting successfully.
5. **Limit alcohol.** [Colon cancer has been linked to heavy drinking](#). The American Cancer Society recommends no more than 2 drinks a day for men and 1 drink a day for women. A single drink amounts to 12 ounces of beer, 5 ounces of wine or 1½ ounces of 80-proof distilled spirits (hard liquor).

Changing some of these lifestyle habits can also lower the risk for many other types of cancer, as well as other serious diseases like heart disease and diabetes. The links between diet, weight, and exercise and colon cancer risk are some of the strongest for any type of cancer.

- American Cancer Society



### Food Service Worker Cards

The next class will be held on Tuesday, March 27. Registration begins at 5:15 pm. The Barbour County Card is \$10 and a State-Wide Card is \$20. Sanitarian Bill Nestor will be conducting the class. More information is located on our website & also our Facebook page.

Also known as Food Handlers classes.

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