

# **Nurses' Notes**

## **St. John's Parish Health Ministries' Newsletter**

### **March's Health News**

**March is National Colorectal Cancer Awareness Month** – Colorectal cancer is the second leading cause of cancer deaths in the US. Colorectal screening can save lives. Discuss screening options with your healthcare provider. For average risk, current recommendations are to begin screening at age 50. People at higher risk such as a history of inflammatory bowel disease or a family history of colorectal cancer or precancerous polyps need to begin screening at age 40. Those with rectal bleeding or other symptoms need to see provider to have diagnostic testing whatever their age.

To reduce your risk:

- Increase fiber intake
- Don't smoke
- Limit alcohol intake
- Reduce red meat intake and avoid processed red meat
- Stay active and maintain a healthy weight.
- Get screened as recommended

\*Resource – cdc.gov and aicr.org

**Screening vs Diagnostic Colonoscopy** – A screening is a medical test done in people who have no symptoms. Screenings find disease early when easier to treat. A diagnostic test is done when someone has symptoms of the disease or to monitor a disease. Diagnostic tests are also done if a screening test suggests but does not say with certainty the disease is present. A colonoscopy can be either screening or diagnostic. If there are no symptoms, it is scheduled as screening. If there are symptoms, or if a stool screening test is positive, it is scheduled as diagnostic. Sometimes, it starts as a screening but become diagnostic if a polyp is found and removed during the same procedure for additional testing. Insurance coverage may differ whether screening or diagnostic. Under the Affordable Care Act, *screening* colonoscopy is covered under most insurances for appropriate age groups at no patient out-of-pocket cost.

### **Health Ministry Happenings**

***GriefShare continues weekly 7pm Thursdays or 10:30am Fridays SEC***  
***Strong Women Strength Training continues Tuesdays & Thursdays 10:45am NH***  
***Mar 12-13 in atrium after Masses – Sign up for American Red Cross Blood Drive***  
***March 13 - 10am in Main Church Conference Room - Health Ministries' Meeting***

***All interested persons invited - \*Note change in date!***

***March 19 – 9am to 2pm in Main Church west parking lot Blood Drive. Register in church.***

***March 26-27 after all masses – Blood pressure screening in library. Walk-in!***

**For spiritual health, check bulletin for Stations, Reconciliation & other Lenten services.**

***For information on health-related or disability advocacy issues, call Judy.***

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