



Wish You Well

MARCH IS NATIONAL COLON CANCER AWARENESS MONTH



Happy St. Patrick's Day !

March 2013

Colorectal Screenings Saves Lives

If everyone that was 50 or older were screened on a regular basis, about 60% of deaths from colon cancer could be avoided. Both men and women can get colon cancer and it's actually the second leading cause of cancer deaths in the United States. Each year more than 140,000 Americans are diagnosed with colon cancer and more than 50,000 die from it. These screenings can find precancerous polyps and they can be removed before they turn into cancer. This is one way that colon cancer is prevented. You may receive treatment that leads to a cure if you have your screening done and find colon cancer early.

Some people have symptoms of colorectal cancer while others have no symptoms at all. Some of these symptoms may include: blood in or on the stool, stomach pain, aches or cramps that do not go away and losing weight without reason. These symptoms doesn't necessarily mean you have colorectal cancer and the only way to know is to see your doctor.

There are three different tests that are recommended by the U.S. Preventive Services Task Force (USPSTF) and they are: colonoscopy (every 10 years), high-sensitivity fecal occult blood test (FOBT), also known as stool test (every year) and a flexible sigmoidoscopy (every 5 years) with a FOBT (every 3 years).

Don't Delay.....Get Checked Today!! Source: www.cdc.gov/features/colorectalawareness

The Health & Wellness Department of Twin County Regional Healthcare presents Healthy Living Colon Cancer Prevention Tuesday, March 19, 2013 6:30 pm until 8:00 pm This program will be held at Twin County Regional Hospital in the Twin County Room, (ground floor). Dr. Kenneth Clark, Internal Medicine will be the presenter.

This program is FREE and open to the public. For more information, or to register, please call (276) 236-5433.



Eating Right On The Run

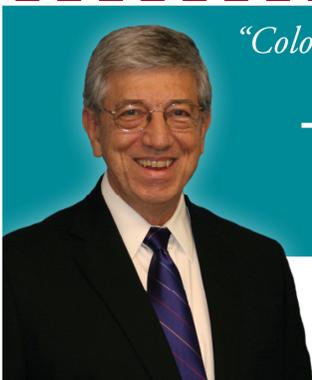
Most Americans eat out more than they eat at home. There are smart choices out there in the dine-out world, you just have to know what to look for. Here are a few tips on how to eat out and eat healthy:

- Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for “healthier” choices.
- Read the menu carefully for clues to fat and calorie content. Terms that mean less fat and calories are: baked, braised, broiled, grilled, poached, roasted and steamed.
- Terms that mean more fat and calories are: batter-fried, pan-fried, buttered, creamed, crispy and breaded.
- Hold the bread or chips until your meal is served. Being hungry can drive you to eat too much before your meal arrives. Out of sight, out of mind.
- Sweet tooth? Order one dessert with enough forks for the entire table to take a bite.
- At the supermarket? Grab a rotisserie chicken, salad-in-a-bag and fresh baked bread.
- Try a smoothie made with juice, fruit and yogurt for a light lunch or snack.
- Split your order. Share half your meal with a friend or take it home for later.
- Add to the nutrition value of your sandwich by adding tomato, lettuce, peppers or other vegetables.
- Going to buffets can be hard if you tend to eat too much. Fill up on salads and vegetables first. Make no more than two trips and use the small plate to hold less food.
- Breakfast: replace bacon or sausage with Canadian bacon or ham and order it on whole grain English muffin or bagel.
- Keep single-serve packages of crackers, fruit, peanut butter, soup or tuna in your desk for a quick lunch.

Source: www.eatright.org



For healthy recipes, meal planning and health information, please visit the NEW www.tcrh.org for FREE customizable My Health eRecipes, My Health eNewsletter, Find a Doctor & more...

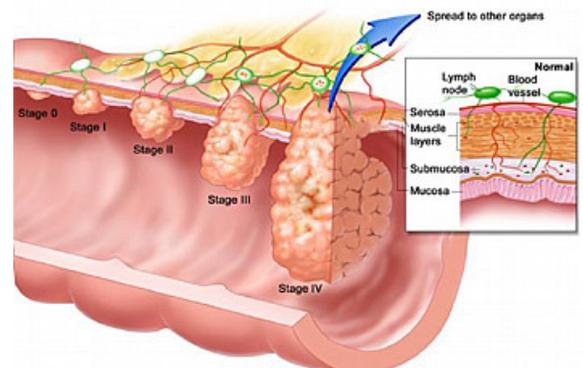


“Colon Cancer screening saved my life.”
- C.M. Mitchell

**Talk to Your Doctor.
Get Screened.**

Call 236-5433


TWIN COUNTY
Regional Hospital
A Duke LifePoint Hospital



The Faith Community Nursing program began in October of 2008 as an outreach of Twin County Regional Hospital. The Faith Community Nursing program is just one way we fulfill our mission to promote, preserve and restore the health of our community.



For more information on the Faith Community Nursing program, please call (276) 236-5433.
For more information on Twin County Regional Healthcare or its services,
please visit www.tcrh.org or call (276) 236-1654.

