



# NURSES NOTES



from Nurse Vickie

March 2019

## March is National Colorectal Cancer Awareness Month

According to the CDC, colorectal cancer is the second leading cause of cancer deaths in the United States. Roughly 140,000 Americans are diagnosed with colorectal cancer each year.

Colorectal cancer often does not cause symptoms at first. You may have precancerous polyps (an abnormal tissue growth) or cancer and not have symptoms. If you do have symptoms they may include, blood in or on the stool, stomach pain, aches or cramps that do not go away or unexplainable weight loss. If you have any of these symptoms, see your doctor.

Colorectal cancer is often a silent cancer. Screening is the only way to know what is going on inside your colon. It is recommended that men and women between the ages of 50-75 years old have colorectal cancer screening. Colorectal cancer can be prevented. If precancerous polyps are found during screenings, they can be removed. There are multiple tests to screen for colorectal cancer. It is important that you discuss your options with your doctor. If your doctor does not bring up colorectal cancer screening, advocate for yourself and ask if you should be screened. If you have other questions about colorectal cancer screening, please reach out to me. I am happy to help you! Knowledge is Power!

## March is National Nutrition Month

We are bombarded with “healthy” messages from the media and internet. In reality healthy nutrition is very simple. I am including a link to a variety of articles that you may find interesting. One in particular that I like is entitled, “Healthy Eating on a Budget”. You might be surprised by what you learn.

Follow the link to read some great articles on nutrition and how to incorporate good nutrition in to your daily routine.

[https://healthlibrary.uhc.com/content/healthlibrary/uhc/hl/wellness/nutrition/eat\\_right.html](https://healthlibrary.uhc.com/content/healthlibrary/uhc/hl/wellness/nutrition/eat_right.html)

The next time we chat it will be spring! I can't wait-sunshine, warmer temperatures, and birds chirping! What a wonderful time of year to make a change for the better. A fresh new start!

Happy Spring!  
Nurse Vickie