



HEALTHY AT 80

www.communityhealthdayton.org

March 2018

MARCH IS NATIONAL COLORECTAL CANCER AWARENESS MONTH

Colorectal cancer is the third most common cancer in the United States & the second leading cause of death from cancer. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older. The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer – that’s why it’s so important to get screened.

People over age 50 have the highest risk of colorectal cancer. You may also be at higher risk if you are African American, smoke, or have a family history of colorectal cancer.

Everyone can take these healthy steps to help prevent colorectal cancer:

- ⇒ Get screened starting at age 50.
- ⇒ Encourage your family members and friends over age 50 to get screened.
- ⇒ Quit smoking and stay away from secondhand smoke.
- ⇒ Get plenty of physical activity and eat healthy.

<https://healthfinder.gov/NHO/MarAnnounce.aspx>

Colon Cancer At-A-Glance*



Colon cancer is the second leading cause of cancer-related death in the U.S.



On average, your risk is about 1 in 20, although this varies widely according to individual risk factors.

50+

90% of new cases occur in people 50 or older.



People with a first-degree relative (parent, sibling or offspring) who has colon cancer have two to three times the risk of developing the disease.



There are currently more than one million colon cancer survivors in the U.S.

* Source: American Cancer Society

Healthy at 80 is Community Health Centers of Greater Dayton’s informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80

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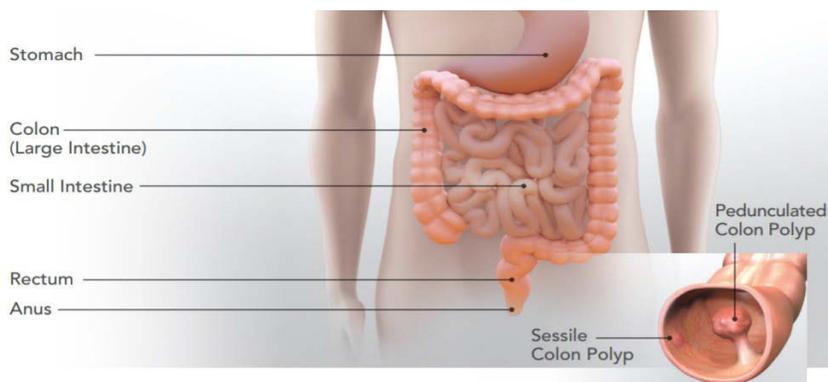
SCREEN FOR LIFE

The U.S. Preventive Services Task Force recommends that adults aged 50–75 be screened for colorectal cancer. The decision to be screened after age 75 should be made on an individual basis. If you are aged 76–85, ask your doctor if you should be screened.



Several different screening tests can be used to find polyps or colorectal cancer. They include:

- ⇒ **Guaiaac-based Fecal Occult Blood Test (gFOBT) and Fecal Immunochemical Test (FIT):** Used to detect blood in the stool. You receive a home test kit from your health care provider, and you return the test to the doctor or a lab.
 - ⇒ How Often: Once a year.
- ⇒ **Colonoscopy:** A doctor uses a longer, thin, flexible, lighted tube to check for polyps or cancer inside the rectum and the entire colon. During the test, the doctor can find and remove most polyps and some cancers. Colonoscopy also is used as a follow-up test if anything unusual is found during one of the other screening tests.
 - ⇒ How Often: Every 10 years
- ⇒ **Which Test is Right for You?** There is no single “best test” for any person. Each test has advantages and disadvantages. Talk to your doctor about which test or tests are right for you and how often you should be screened.
- ⇒ **Are You at Increased Risk?** Your risk for colorectal cancer may be higher than average if:
 - ⇒ You or a close relative have had colorectal polyps or colorectal cancer. You have inflammatory bowel disease, Crohn’s disease, or ulcerative colitis.
 - ⇒ People at increased risk for colorectal cancer may need earlier or more frequent tests than other people. Talk to your doctor about when to begin screening, which test is right for you, and how often you should be tested.



WHAT IS COLORECTAL CANCER?

Colorectal cancer is cancer that occurs in the colon or rectum.

Sometimes it is called colon cancer. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

Screening Saves Lives:

Colorectal cancer is the second leading cancer killer in the United States, but it doesn’t have to be. If you are 50 or older, getting a colorectal cancer screening test could save your life.

Here’s how:

- * Colorectal cancer usually starts from precancerous polyps in the colon or rectum. A polyp is a growth that shouldn’t be there.
- * Over time, some polyps can turn into cancer.
- * Screening tests can find precancerous polyps, so they can be removed before they turn into cancer.
- * Screening tests also can find colorectal cancer early, when treatment works best.

Who Gets Colorectal Cancer?

Both men and women can get it • It is most often found in people 50 or older • The risk increases with age.

WHY SHOULD I GET SCREENED?

"I don't have symptoms."

FACT: Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first.

"It doesn't run in my family."

FACT: Most colorectal cancers occur in people with no family history.

"But that test..."

FACT: There are several different kinds of screening tests for colorectal cancer, including easy, non-invasive tests you can do at home.

"I'm only 53, I'm too young."

FACT: Screening is recommended for men and women beginning at age 50.

https://www.cdc.gov/cancer/colorectal/pdf/NoExcuses_Poster_Vertical_B.pdf

NUTRITION BITES!

Fiber fun! Do your eating patterns reflect a high fiber diet? The Academy of Nutrition and Dietetics recommends 30 to 38 grams of dietary fiber each day for men, and 21 to 25 grams for women. Chances are you may be falling short—in 2015, the Academy found that Americans typically eat 17 grams per day, and stressed the importance of eating more high fiber fruits, vegetables, grains, legumes, nuts, and seeds.

HIGH-FIBER FOODS

-  **SPLIT PEAS**
1 cup cooked : 16.3 grams
-  **LENTILS**
1 cup cooked : 15.6 grams
-  **BLACK BEANS**
1 cup cooked : 15 grams
-  **MUNG BEANS**
1 cup cooked : 15 grams
-  **FIGS**
1 cup dried : 14.6 grams
-  **LIMA BEANS**
1 cup cooked : 13.2 grams
-  **COCONUT FLOUR**
1/4 cup : 10 grams
-  **ARTICHOKE**
1 artichoke : 8.7 grams
-  **ACORN SQUASH**
1 cup cooked : 9 grams
-  **GREEN PEAS**
1 cup cooked : 8.8 grams
-  **RASPBERRIES**
1 cup : 8 grams
-  **BLACKBERRIES**
1 cup : 7.6 grams

A high fiber diet packs many impressive health benefits. Eating more fiber can help you maintain a healthy weight by keeping you full and reducing the chance of overeating. Adding more fiber to your diet can help lower cholesterol, which may prevent chronic diseases such as type 2 diabetes and heart disease. High fiber foods may also reduce the risk of certain cancers and promote a healthy gut by helping waste to pass through your digestive system efficiently.

<http://www.cookinglight.com/eating-smart/nutrition-101/what-is-a-high-fiber-diet>

Delicious & Nutritious

BREAKFAST BOWL WITH TOMATO, AVOCADO, AND EGG

Morning is the perfect time to get your fiber fix early so you can stay satiated until lunchtime. Preventing hunger will also help you focus at work, increasing your productivity. This is the kind of quick breakfast bowl that's worth waking up for and enjoying again for lunch or dinner. The same pan is used to cook the bacon, build the warm vinaigrette, and fry the eggs, making for quick clean up. If you'd like a starchy component, try adding precooked farro or quinoa.

- 3 bacon slices
- 3 tablespoons apple cider vinegar
- 2 tablespoons olive oil, divided
- 1 tablespoon water
- 1/4 cup whole-wheat panko breadcrumbs
- 2 teaspoons chopped fresh basil
- 1/2 teaspoon kosher salt, divided
- 2 (8-oz.) tomatoes, halved crosswise
- 4 large eggs
- 4 cups packed baby spinach leaves
- 2 ripe avocados, halved and sliced
- 1/4 teaspoon black pepper



- ⇒ Preheat broiler to high with oven rack in middle position.
- ⇒ Cook bacon in a nonstick skillet over med-high 5 minutes or until crisp. Remove from pan; crumble. Add vinegar, 1 tsp oil, and 1 tablespoon water to drippings in pan. Cook 30 sec, scraping pan to loosen browned bits. Place vinegar mixture in a small bowl (do not wipe out pan).
- ⇒ Combine 2 teaspoons oil, panko, basil, and 1/4 teaspoon salt in a bowl. Place tomato halves, cut side up, on a rimmed baking sheet; top with panko mixture. Broil 2 minutes or until surface is browned.
- ⇒ Heat remaining 1 tablespoon oil in skillet over medium-high. Crack eggs over pan; cook 2 minutes or until whites are set.
- ⇒ Divide spinach among 4 shallow bowls; top evenly with tomato halves, avocado slices, eggs, and bacon. Drizzle vinegar mixture over top. Sprinkle remaining 1/4 teaspoon salt and pepper over eggs.

<http://www.cookinglight.com/recipes/breakfast-bowl-tomato-avocado-egg>

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Health Centers

Appointment Line:
937-461-6869

Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342
Phone: 937-247-0304

Charles Drew Health Center

1323 West Third Street Dayton, OH 45402
Phone: 937-461-4336

Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404
Phone: 937-228-0990

East Dayton Health Center

2132 East Third Street Dayton, OH 45503
Phone: 937-528-6850

Southview Health Center

25 Thorpe Drive Dayton, OH 45420
Phone: 937-258-6330

Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402
Phone: 937-558-0180

Dental Center

East Dayton Dental Center

2123 East Third Street Dayton, OH 45403
Phone and Appointments: 937-528-6830

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Nutritional Information

• Calories 383 • Fat 31.1g • Saturated Fat 6.8g • Monounsaturated Fat 17.6g • Polyunsaturated Fat 4.3g
• Protein 13g • Carbohydrate 16g • Fiber 7g • Cholesterol 200mg • Iron 3mg • Sodium 491mg • Calcium 81mg • Sugars 4g • Est.

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