

March is National Colorectal Cancer Awareness Month

In February 2000, President Clinton officially dedicated March as National Colorectal Cancer Awareness Month. Since then, it has grown to be a rallying point for the colorectal cancer community where thousands of patients, survivors, caregivers and advocates throughout the country join together to spread colorectal cancer awareness.

Colorectal cancer is the second leading cause of cancer deaths in the United States, according to the [American Cancer Society](#). If colorectal cancer is caught early, there's a 90% survival rate five years after diagnosis, according to the [National Cancer Institute](#).

Unfortunately, not enough people in the United States get screened. But with regular screenings and earlier detection, precancerous polyps can be found early and removed, thereby preventing the disease or making it easier to treat. Here are some tips to lower your risks:

Lower Your Risks

- Avoid tobacco in all forms.
- Drink alcohol in moderation.
- Eat a low-fat diet that includes a variety of fruits, vegetables and whole grains.
- Limit the amount of red or processed meats you eat.
- Maintain a healthy weight with a Body Mass Index (BMI) between 18 and 25.
- Stay physically active (aim for at least 30 minutes of activity per day).

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*schedule your
colonoscopy!*



Preventive Measures

Most people should begin screening for colorectal cancer soon after turning 45, then continue getting screened at regular intervals. However, you may need to be tested earlier than 45, or more often than other people, if you have:

- Inflammatory bowel disease such as [Crohn's disease](#) or ulcerative colitis.
- A personal or family history of colorectal cancer or colorectal polyps.

Additional Resources

- [Cigna](#) members
- [Kaiser Permanente](#) members
- [Centers for Disease Control & Prevention](#)
- [National Cancer Institute](#)

Seize The Year! National Nutrition Month Events:

Register Now for Webinars

Elevate your total well-being! [Browse the offerings and sign up today!](#)

Each week, Level Up will raffle off **three items**:

- **One Cuisinart Petit Gourmet Portable Grill**
- **One Sonicare Electric Toothbrush**
- **One Hamilton Beach Big Mouth Plus 2-Speed Juicer**



Weekly Winners

Everything is better with prizes, right?

Here are the winners for Week 2:

- **Portable Grill:** Vaishali Shukla ~ Office of Information Technology
- **Sonicare Electric Toothbrush:** Rita Spach ~ Office of Finance
- **Hamilton Beach Juicer:** Sheron Franklyn ~ Health Department

To be entered into the random drawing each week, you must register and attend at least one (1) webinar scheduled for that week. Prize winners will be announced during the weekly Wellness Wednesday articles. Prizes will be distributed at the end of the month.

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