

Colorectal Cancer Awareness Month

March is [Colorectal Cancer](#) Awareness Month. *Colorectal cancer* is when abnormal cells grow together in the colon to form colon polyps or the rectum to form rectal polyps. These polyps can turn into cancer. It's called colon or rectal cancer depending on where the polyp is located.

Colorectal cancer is the third most common cancer in the U.S.—the second leading cause of cancer-related deaths among men and the third leading cause for women. It occurs mostly in people older than 50. An estimated 60 percent of colorectal cancer deaths could be prevented if people were screened routinely.

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What are the causes of colorectal cancer?

Researchers have found several [factors that can increase a person's risk of colorectal cancer](#), but it's not yet clear exactly how all of these factors might cause this cancer.

What are the main colorectal cancer symptoms?

Symptoms of colorectal cancer are usually not evident until the cancer starts to spread. Symptoms include:

- Blood in stool or very dark stools
- Stools that are narrower than usual
- Change in bowel habits—more frequent or feeling that the bowels are not emptying completely
- Frequent gas pains or cramps
- Diarrhea or constipation

How is colorectal cancer screening done?

[The American Cancer Society](#) recommends regular colorectal cancer screenings for everyone age 50 and older. Doctors can use visual tests, stool-based tests, or both.

What is the treatment for colorectal cancer?

When colorectal cancer is caught early, the survival rate is 90 percent. Colorectal cancer treatment usually includes surgery, chemotherapy, or radiation. Be sure to schedule your annual well visit and have a conversation with your health care provider to review your personal and family history and to identify possible risk factors that might require screening earlier than age 50.

Additional Resources

- [Colorectal Cancer Alliance](#)
- [American Cancer Society](#)
- [American Society of Colon & Rectal Surgeons](#)
- [The Centers for Disease Control and Prevention](#)

National Nutrition Month Events: [Register NOW!](#)

Prizes

Everything is better with prizes, right?

Here are the winners for Week 2:

- \$100 Gift Card: Shaun Duppins ~ Fire/EMS Department
- Ninja: Avis Lester ~ Dept. of Permitting Inspections & Enforcement
- NutriBullet: Eyob Gebremichael ~ Dept. of Social Services
- Hello Fresh: Brian St. Germain ~ Police Department
- Hello Fresh: Sindy Morales ~ Department of the Environment
- Hello Fresh: MaShawn Hall ~ Office of Community Relations
- Hello Fresh: Laura Williams ~ Office of Information Technology



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

- **One \$100 Gift Card**
- **One Ninja Foodi Air Fryer with DualZone Technology**
- **One NutriBullet Full-Size Blender Combo**



GRAND PRIZE GIVEAWAY

4 lucky participants will receive a Hello Fresh box



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 and distributed at the end of the month.

Showing Our **LOVE** to the Wellness Champions!

Level Up is spreading the love with our Wellness Champions Spotlight! We value our Wellness Champions who are rockstars that inspire, encourage, and lead individuals and teams on a journey to a happier and healthier life. And we want you to get to know these ambassadors who are committed to building a culture of wellness for Prince George's County Government.

Wellness Champion Profile

Name: Jalene "Coffey" Smith

Position: Human Resources Analyst

Department: Office of Human Resources Mgmt.

Years with the County: 2

Why did you volunteer to be a Wellness Champion?

I enjoy being on the grassroots level to advocate for a holistic approach to a work/life equilibrium.



What do you do for exercise or physical activity? Walking, Taij, Dance Fitness and good old fashion aerobics.

What is your health goal(s)?

- I want to be able to move freely as I age and keep up with my kids for their lifetime.
- Lose weight to reduce all the risks of obesity.

What is your favorite healthy snack? Mangoes.

What keeps you motivated? My kids.

What is your favorite motivational quote? I have 2 favorite quotes: "One day or day one...you decide". -Unknown

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 351
Largo, MD 20774

