



Charlie Crist
Governor

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State Surgeon General

PINELLAS COUNTY HEALTH DEPARTMENT

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FOR IMMEDIATE RELEASE

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**Get Screened and Know Your Risks:
March is Colorectal Cancer Month**

Almost 147,000 Americans are diagnosed with colorectal cancer each year and about 50,000 will die from the disease. African-Americans, Latinos and Native Americans are more likely to be diagnosed with advanced colorectal cancer because of a lack of early detection. March is National Colorectal Cancer Month, a reminder for anyone at risk and everyone older than 50 to get tested and to take steps to prevent the disease.

With recommended screenings, this cancer can be prevented by removing polyps before they become cancerous. With early detection, it can be treated.

WHO IS AT RISK?

- Adults 50 and older
- People who use tobacco, are obese or are sedentary
- Adults with a family history or colorectal cancer or polyps
- People with a personal or family history of inflammatory bowel disease

TAKE THESE STEPS TO REDUCE YOUR RISK

- Be physically active and maintain a healthy weight
- Eat a high-fiber diet rich in fruits, vegetables, nuts, beans and whole grains
- Consume calcium-rich foods like low-fat or skim milk.
- Limit red meat consumption and avoid processed meats.
- Don't smoke or drink alcohol excessively

Colorectal scan screenings are recommended at age 50; the best time to be screened is before there are any symptoms of the disease. Ask your doctor for screenings options that are right for you, which can include colonoscopy or other tests to detect blood in the stool. The Prevent Cancer Foundation provides information about screenings and other topics related to colorectal cancer at www.PreventCancer.org/colorectal.

The Colon Cancer Alliance (CCA) is the oldest and largest national patient advocacy organization dedicated to ending the suffering caused by colorectal cancer. In order to increase
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rates of screening and survivorship, the CCA provides patient support, public education, supports research and conducts advocacy work across America. As the Voice of Survivors, the CCA works as an advocate for colorectal cancer patients and their families. The CCA offers information and support from the first-hand experience of survivors and others whose lives have been touched by this disease. For information, go to www.ccalliance.org

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