



# Wellness Newsletter

March 2017

## Colorectal Cancer Awareness

Among cancers that affect both men and women, *colorectal cancer* (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. But this disease is highly preventable, by getting screened beginning at age 50.

Screening tests help prevent colorectal cancer by finding precancerous polyps (abnormal growths) so they can be removed. Screenings also detect this cancer early, when treatment can be most effective.

### What You Can Do:

- If you're aged 50 to 75, get screened for colorectal cancer regularly. If you're between 76 and 85, ask your doctor if you should be screened.
- Be physically active.
- Maintain a healthy weight.
- Don't drink too much alcohol.
- Don't smoke.



### Fast Facts:

- Risk increases with age. More than 90% of colorectal cancers occur in people aged 50 and older.
- Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. You could have polyps or colorectal cancer and not know it. That is why having a screening test is so important. If you have symptoms, they may include—
  - Blood in or on the stool (bowel movement).
  - Stomach pain, aches, or cramps that do not go away.
  - Losing weight and you don't know why.

These symptoms may be caused by something other than cancer. If you have any of them, see your doctor.

- Some people are at a higher risk than others for developing colorectal cancer. If you think you may be at high risk, talk to your doctor about when and how often to get tested.
- There are several screening test options. Talk to your doctor about which is right for you.
  - Colonoscopy (every 10 years).
  - High-sensitivity guaiac fecal occult blood test (FOBT) or fecal immunochemical test (FIT) (every year).
  - Sigmoidoscopy (every 10 years, with FOBT or FIT every three years).
  - Sigmoidoscopy alone (every 5 years).
  - Stool DNA test (FIT-DNA) every one or three years.
  - CT colonography (or virtual colonoscopy) every five years.

Source: [www.cdc.gov](http://www.cdc.gov) : [www.prosentialgroup.com](http://www.prosentialgroup.com)

Spring is on the way and many people are thinking about hitting the gym. Nicer weather is around the corner which helps motivate many to begin their physical activity routine again. Are you wanting to increase your activity but feeling as if you don't have the time? Busy schedules do not always allow you to go to the gym for an hour or talk a 45-minute walk. Here are a few ideas to help you stay active even on days that time is limited.



## Do These 5 Exercises Every Day to Help Stay Fit for Life

### **1. Walk-Out Push-Up**

Start standing with your feet about hip-width distance apart. Slowly fold forward at the hips, reaching your hands to the floor. When your hands touch the floor, slowly begin to walk them forward until your spine is neutral and you're in the push-up starting position. Perform a full push-up and then walk your hands back towards your feet and slowly roll your spine up, one vertebrae at a time, to return to the standing position.

### **2. Standard Squat**

Squats force the brain to actively participate. To get the foot placement correct; to focus on even weight distribution between the left and right leg; to keep the chest high and back straight; to engage the glutes; to pause at the change of direction in order to prevent momentum from building; and the full elongation of the hips when standing. Using a wall to help modify the move if needed.

### **3. Jumping Jacks**

A dash of plyometrics is so beneficial when it comes to functional fitness. Neuro-transmitters that reside in the feet are rendered so sleepy as a result of shoe-filled, sedentary lives. Light impact is great to wake those crazy critters up. Like the walk-outs, the jacks, when performed with control, also work multiple muscle groups and get the heart rate up.

### **4. Hip Bridge**

Like with the squat, the brain is actively engaged with this move. Foot placement, weight distribution and breathing are vital elements. Keeping the toes on the floor is another element of this controlled proprioception. If your heels absorb all of your body weight, your lower back absorbs more pressure. When the toes stay down, however, the hamstrings and glutes engage and help elongate the hips as the body changes direction.

### **5. Plank**

Pushing, pulling, holding and carrying. Various combinations of muscles are utilized. Stabilization of the rib cage and gluteo-hip area as the pinnacle force in any activity that involves arm movement. A basic plank flips that switch on the encasement muscles of the vital organs and rib cage and should never be left out.

Source: [www.theactivetimes.com](http://www.theactivetimes.com)  
[www.prosentialgroup.com](http://www.prosentialgroup.com)

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