



Colorectal Cancer Awareness Month! March 2018

According to the American Cancer Society, regular colorectal cancer screening is one of the most powerful weapons for preventing colorectal cancer because it can detect cancer or pre-cancer in people with no symptoms of the disease. **Screening is recommended starting at age 50 for people with no increased risk, or earlier if you have a strong family history.** While there is no sure way to prevent colorectal cancer, there are things you can do that may help lower your risk:

- Maintain a healthy weight and avoid weight gain around the midsection
- Increase the intensity and amount of your physical activity
- Limit red and processed meats and eat more vegetables and fruits
- Avoid excess alcohol
- Quit smoking

Remember, early detection is the key!!



Fecal Occult Blood Tests (FOBT) are an effective early detection test for colorectal cancer screening.

DOCTORS
MEDICAL CENTER

Doctors Medical Center is offering free at-home colorectal screening kits for Stanislaus County employees age 50 and older!

- Kits are free of charge – no cost for the actual kit OR the processing!
- Drop in, complete a short form, take kit home
- Mail the screening to address provided
- Receive confidential results to your home

DMC will have representatives from their Oncology department onsite to distribute Fecal Occult Blood Tests that you are able to do in the privacy of your own home.

Stop by one of the locations below to pick up your kit.

Date	Location	Room	Class Time
March 5	HSA	Martin Conference Room	10:00-11:00 a.m.
March 5	CSA	Conference Room B	1:00-2:00 p.m.
March 7	10th Street	Conference Room 6709	10:00-11:00 a.m.

If you are age 50 or older, your health plan may cover preventive, screening colonoscopies at 100%. Please see plan document for details.