



Health Beat



Health news and facts compiled by the Meriden Public Library

March 2015

80% by 2018

The movement 80% by 2018 is a plan in which dozens of organizations have committed to eliminating colorectal cancer as a major public health problem.



They are working toward the shared goal of 80% of Americans age 50 and older being screened for colorectal

cancer by 2018.

More than 170 organizations have committed to the goal.

Color cancer incidence rates have dropped 30 percent in the United States in the last 10 years. The American Cancer Society attributes this to more people having colonoscopies.

Colorectal cancer is the second leading cause of cancer death in this country among men and women combined.

Research shows screenings save lives, but many adults have never been screened.

—National Colorectal Cancer Roundtable

Colon Cancer Can Be Stopped

Colorectal cancer, or colon cancer, occurs in the colon or rectum.

The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

Colon cancer, when discovered early, is highly treatable. Even if it spreads into nearby lymph nodes, surgical treatment followed by chemotherapy is highly successful.

In the most difficult cases — when the cancer has spread or metastasized to the liver, lungs or other sites — treatment can prolong and add to one's quality of life.

Most colon cancers develop first as colorectal polyps, which are abnormal growths inside the colon or rectum that may later become cancerous.

Colon cancer affects men and women of all racial and



ethnic groups, and is most often found in people 50 years or older.

It is the third most common cancer in the United States, behind only lung and prostate cancers in men and lung and breast cancers in women, and the second leading cause of cancer death.

It is estimated that 50,830 people died of colon cancer in 2013.

But the truth is it doesn't have to be this way. If everyone 50 years or older had a regular screening test, as many as 80% of deaths from colon cancer could be prevented

--Colon Cancer Alliance

Screening is the No. 1 way you can reduce your risk of colon cancer
Don't put it off!

Blame It on Your Family

About 10% of the population has a first-degree relative with colon cancer.

First- and second-degree relatives (children, siblings, grandchildren, nieces, nephews) of a person with a history of colon cancer are more likely to develop this disease themselves, especially if

the relative had the cancer at a young age.

If many close relatives have a history of colon cancer, the risk is even greater.

Because of this, the U.S. Preventative Services Task Force recommends screening starting at age 40 for these high-risk individuals.

What Did I Do Wrong?

Other factors contributing to these young diagnoses have not been definitely identified.

We do know they've been occurring alongside an increased prevalence of obesity and diabetes – two known colon cancer risk

factors.

Other factors that may increase your risk of colon cancer include:

- Certain types of diets
- Inactivity and obesity
- Smoking cigarettes
- Heavy alcohol use

What's Race Got To Do With It?

Jews of Eastern European descent (Ashkenazi Jews) may have a higher rate of colon cancer.

Partly because of fewer screenings, African-American men and women

have a 20% higher risk of developing colon cancer and a 45% lower survival rate compared with most other races.

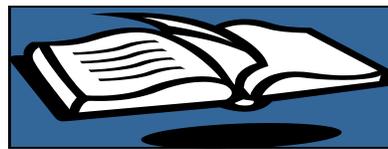
The risk of death is also increased for Native Americans.

I Will Survive (And You Can Too)

- The 5-year survival rate for colon cancer found in just the colon and rectum is 90%.
- The 5-year survival rate for colon cancer found

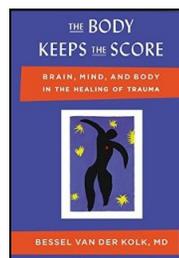
when it has spread to nearby tissue is 70%.

- The 5-year survival rate for colon cancer that has spread to other organs is 12%.

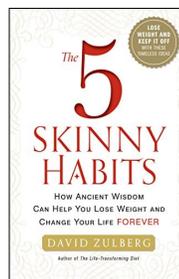


New Books at the Meriden Library

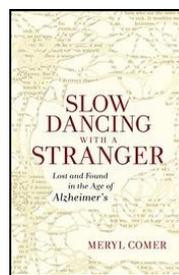
These health-related books can be found on the "New Books" shelves:



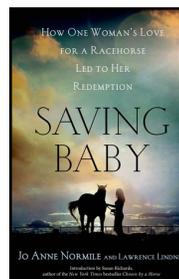
The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel A. van der Kolk, 616.85 VA



The 5 Skinny Habits: How Ancient Wisdom Can Help You Lose Weight and Change Your Life Forever by David Zulberg, 613.25 ZU



Slow Dancing With a Stranger: Lost and Found in the Age of Alzheimer's by Meryl Comer, LT 362.1968 CO



Saving Baby: How One Woman's Love for a Racehorse Led to Her Redemption by Jo Anne Normile, LT 798.4 NO