



CHATTING ABOUT HEALTH

MARCH IS COLORECTAL CANCER AWARENESS MONTH

Colorectal cancer is cancer that occurs in the colon or rectum.

It is sometimes called colon cancer.

It is the second leading cancer killer in the United States.

Risk factors include increasing age, inflammatory bowel disease, and family history.

The most effective way to reduce your risk is routine screening starting at age 45.

- Screening can find polyps—abnormal growths in the colon or rectum—that can be removed before they turn into cancer.
- Screening also helps find colorectal cancer at an early stage, when it is most treatable.

Other ways to reduce your risk include

- eating a diet low in animal fats and high in fruits, vegetables and whole grains
- increasing physical activity and maintaining a healthy weight
- limiting alcohol consumption
- avoiding tobacco



You can learn more about colorectal cancer from CDC here:



This annual event commemorates the day that Dr. Robert Koch announced his discovery of *Mycobacterium tuberculosis*, the cause of tuberculosis (TB).

- TB usually attacks the lungs but it can also affect other parts of the body like the kidneys, spine, and brain.
- if not treated properly, TB infection can be deadly.
- TB spreads in the air from person to person.
- People with weakened immune systems are at higher risk of developing TB disease.
- Signs of TB disease include a bad cough, pain in the chest, coughing up blood, weakness, fever and chills.

Learn more
from CDC here:



Addiction can happen at any age.

Addiction affects how people think and what they do.

Do you know signs of a possible drug problem?



- Continuing to use drugs or alcohol even though it is harming physical health, school or work performance, or personal relationships
- Hanging out with different friends than usual
- Not caring about appearance
- Getting lower grades or missing classes
- Changes in eating or sleeping habits
- Losing interest in favorite activities

Learn more
from NIH here:



COVID-19 VACCINES AND BOOSTERS

- COVID-19 vaccines are safe and effective
- On December 9, 2022, CDC and FDA expanded the use of updated bivalent boosters to include everyone 6 months and older.



Learn more about vaccines at

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>



To find a COVID-19 vaccine clinic near you visit our website:

<https://www.chathamhealth.org/vaccines>

