

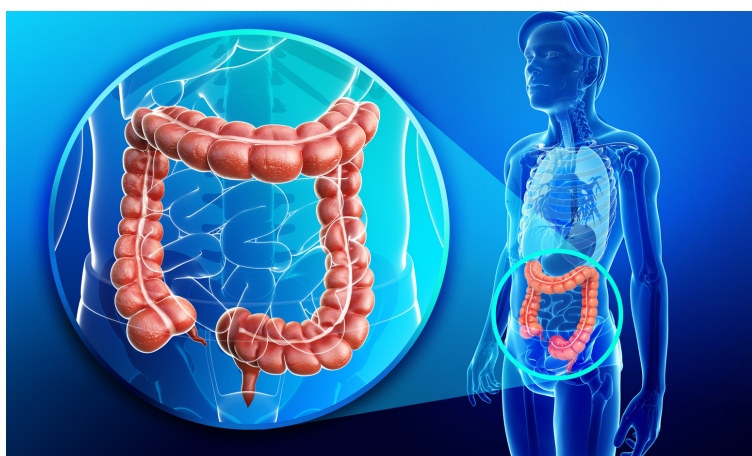
wellness express

a monthly insight into St. Johns County wellness happenings

NOVEMBER 2018



What You Need to Know About Colorectal Cancer



Colorectal cancer is the third most common cancer in the US, and affects men and women equally. On average, your risk is about 1 in 23. Early detection through prevention and screening is proven to dramatically reduce fatalities from colorectal cancer. Don't forget that routine colon testing is covered 100% as part of your preventative care.

RISK FACTORS

People in the following categories are at greater risk of developing the disease:

- Individuals with a personal and/or family history of cancer
- People over age 50
- Those with ulcerative colitis or Crohn's disease

SYMPTOMS

More than half the people diagnosed with colorectal cancer have no symptoms, but common symptoms include:

- Change in bowel habits
- Blood in your stool
- Persistent abdominal pain
- Nausea or vomiting
- Unexplained weight loss
- Chronic fatigue

WHAT YOU CAN DO

- Get screened at age 50, or earlier if you're high risk
- Maintain a healthy weight
- Be more physically active
- Eat a healthy diet
- Don't use tobacco products
- Limit alcohol intake

For more information visit: <https://www.ccalliance.org>.

The truth is you're never too young, and colorectal cancer is on the rise in those under age 50



One in 10 are diagnosed before age 50



Paw-sitive Challenge!

Did you know your favorite furry or feathered friend could actually help boost your mental health? Pets have several therapeutic traits: They lower stress hormones such as cortisol, they can bring down your blood pressure, and they let you step outside your own problems by needing to take care of theirs.

Send in a picture of you spending some mental health time with your pet. You'll be entered into a raffle for 1 of 4 customized goody boxes from chewy.com!

Send pictures to: sjcwellness@sjcfl.us



Stay Healthy with the St Johns County Library

Join us for a wellness Lunch n' Learn on Dec. 4th @ 11:30 AM, presented by Amy & Beth from the Main Library.

Discover resources, tips and tools to find reliable health information online. Healthy lunch will be provided. Sign up on the BCC Training Calendar or email sjcwellness@sjcfl.us.