



MARCH 2020

National Colorectal Cancer Awareness Month

Colorectal cancer is one of the leading causes of death in the United States. It affects all races and genders, but it's especially threatening for those ages 50 and older. The good news is that regular screenings can help prevent the majority of cases. Unfortunately, many people don't get screened or don't know what to look for.

Symptoms of colorectal cancer include a change in bowel habits such as frequent diarrhea and constipation, continuing abdominal cramps, bloating and gas, and rectal bleeding found in stool. Though these symptoms may be due to other medical issues, it's important to be screened for colorectal cancer if you experience them.

Speak with your doctor about receiving regular screenings, especially if you're over the age of 50. Visit www.preventcancer.org for more information.

Take Action

Awareness only goes so far toward improving your health—you also need to take action. Use this section to track your weekly progress as you establish your healthier lifestyle.

Week 1 (3/1-3/7) – **Create a wellness plan**

What do you want to improve this month? Set a short-term health goal and a plan for achieving it.

Week 2 (3/8-3/14) – **Get started**

Are you ready? Begin your plan and stick to it.

Week 3 (3/15-3/21) – **Look for improvement**

How are you doing? Think about what's working with your plan and if you need to adjust it.

Week 4 (3/22-3/28) – **Keep going**

Are the adjustments helping? Continue with your revised plan and finish the month strong.

Week 4 (3/29-4/4) – **Reflect**

Did you reach your goal? Consider what worked with the plan and what should change next month.