

Colon Cancer Awareness Month

March 2017



Colon cancer is the third most common form of cancer in the United States that affects both men and women. With more than 50,000 deaths annually, it has become the second leading cause of cancer-related death in the United States. However, we can change this. Colon Cancer is one of only a few cancers that are considered highly preventable.

Our doctors, patients, survivors, caregivers and patient navigators are ready to help you raise awareness about family history and lifestyle risk factors. Join Montefiore and the nationwide movement on Wear Blue day, and take a moment in time this March to talk with your friends and family to spread knowledge. Then, talk to your doctor about when and how often to get tested.

montefiore.org/coloncancerawareness

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March 2017 } Colon Cancer Awareness Month Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	1 FACT: Colon cancer is the third most diagnosed cancer and the second leading cause of cancer death in men and women combined in the United States.	2 NEW DATE: Rollin' Colon Kickoff 11:00 am – 3:00 pm Montefiore, Moses Campus, East Garden, 111 East 210th Street, Bronx, New York 10467 Come and experience the <i>Rollin' Colon</i> to learn more about the signs and symptoms of colorectal cancer, as well as other diseases of the colon. We're also offering helpful Nutrition Demonstrations to encourage prevention through healthy eating. OPEN TO ALL. No Registration Needed	3 National Wear Blue Day	4
5	6 Prevention Tip: Colon cancer risk starts to increase at age 50.	7	8 Informational Booth, Giveaways & Nutrition Demonstrations 11:30 am – 2:30pm Montefiore, Einstein Campus, Lubin Dining Hall (in the Mazer Building), 1825 Eastchester Rd, Bronx, New York 10461 OPEN TO ALL. No Registration Needed	9	10	11
12 Prevention Tip: Add more fruits, vegetables, whole grains, nuts and beans to your daily diet. They are linked to lower risk of some cancers and can assist you to have normal bowel habits.	13	14 Informational Booth, Giveaways & Nutrition Demonstrations 11:30 am – 2:00 pm Montefiore, Wakefield Campus, Cafeteria, 600 East 233rd Street, Bronx New York, 10466 OPEN TO ALL. No Registration Needed	15 FACT: Over 90,000 patients will be diagnosed with colon cancer this year in the US. https://www.cancer.org/cancer/colon-rectal-cancer/about/key-statistics.html	16	17 FACT: Colorectal Cancer is often treatable if it's found early enough. For early stage cancer, the 5-yr survival rate is about 90%.	18
19	20 Prevention Tip: Limit your intake of red meat and high fat or processed foods as they can increase your risk of colon cancer.	21	22 FACT: If you are not physically active, you have a greater chance of developing colorectal cancer. Being more active might help lower your risk.	23 Informational Booth, Giveaways & Nutrition Demonstrations 11:30 am – 1:30 pm Montefiore, Hutchinson Campus, Tower Two, 1250 Waters Place, Bronx New York 10461 OPEN TO ALL. No Registration Needed	24 A DAY IN THE GUT XXIV: Issues & Controversies in Gastroenterology 7:00 am – 4:00 pm A fascinating look for physicians and researchers at current topics affecting the gut. To register, or for more info, call 718.920.6674.	25
26	27	28 Informational Booth, Giveaways & Nutrition Demonstrations 11:30 am – 2:30 pm Montefiore, Moses Campus, MAP Building, Lobby, 2300 Bainbridge Avenue, Bronx, New York 10467 OPEN TO ALL. No Registration Needed	29 Prevention Tip: Check your body mass index (BMI). Your risk of colon cancer increases if you're overweight or obese.	30 FACT: Overall, the lifetime risk of developing colorectal cancer is: about 1 in 21 (4.7%) for men and 1 in 23 (4.4%) for women.	31	1