COLON CANCER AWARENESS MONTH

March 2019
### COLON CANCER AWARENESS MONTH  
**March 2019**

<table>
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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</table>
| **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. | **PREVENTION TIP**  
The risk of colon cancer starts to increase at age 50.  
**INFORMATION BOOTH, GIVEAWAYS & NUTRITION DEMONSTRATIONS**  
11:00 AM – 2:00 PM  
Montefiore  
Westchester Square Campus  
2475 St Raymond Avenue  
Bronx, New York 10461  
Open to all. | **FACT**  
Colon cancer is often treatable if it’s found early enough. For early stage cancer, the 5-year survival rate is about 90%. | **INFORMATION BOOTH, GIVEAWAYS & NUTRITION DEMONSTRATIONS**  
11:00 AM – 3:00 PM  
Grand Hall  
Montefiore Moses Campus  
111 East 210th Street  
Bronx, New York 10467  
Open to all. |
| 4            |                                                                         |                                                                           |                                                                           |                                                                         |
| 5            | **INFORMATION BOOTH, GIVEAWAYS & NUTRITION DEMONSTRATIONS**  
11:00 AM – 2:00 PM  
Montefiore Medical Group  
Castle Hill Family Practice  
2175 Westchester Avenue  
Bronx, New York 10462  
Open to all. | **PREVENTION TIP**  
Add more fruits, vegetables, whole grains, nuts and beans to your daily diet. They are linked to lowering the risk of some cancers and can help you have normal bowel habits. | **INFORMATION BOOTH, GIVEAWAYS & NUTRITION DEMONSTRATIONS**  
12:00 PM – 3:00 PM  
Montefiore  
Wakefield Campus  
600 East 233rd Street  
Bronx, New York 10466  
Open to all. | **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. |
| 6            |                                                                         |                                                                           |                                                                           |                                                                         |
| 7            |                                                                         |                                                                           |                                                                           |                                                                         |
| 8            | **INFORMATION BOOTH, GIVEAWAYS & NUTRITION DEMONSTRATIONS**  
11:00 AM – 2:00 PM  
Montefiore  
Westchester Avenue  
Bronx, New York 10462  
Open to all. | **FACT**  
Overall, the lifetime risk of developing colon cancer is about 1 in 22 (4.49%) for men and 1 in 24 (4.15%) for women. | **FACT**  
If you are not physically active you have a greater chance of developing colon cancer. Being more active can help lower your risk. | **INFORMATION BOOTH, GIVEAWAYS & NUTRITION DEMONSTRATIONS**  
11:00 AM – 2:00 PM  
Montefiore  
Hutchinson Campus  
Tower Two  
1250 Waters Place  
Bronx, New York 10461  
Open to all. |
| 9            |                                                                         |                                                                           |                                                                           |                                                                         |
| 10           |                                                                         |                                                                           |                                                                           |                                                                         |
| **FACT**     |                                                                         |                                                                           |                                                                           |                                                                         |
| 11           | **PREVENTION TIP**  
Add more fruits, vegetables, whole grains, nuts and beans to your daily diet. They are linked to lowering the risk of some cancers and can help you have normal bowel habits. | **PREVENTION TIP**  
Limit your intake of red meat and high fat or processed food, as they can increase your risk of colon cancer. | **FACT**  
Overall, the lifetime risk of developing colon cancer is about 1 in 22 (4.49%) for men and 1 in 24 (4.15%) for women. | **PREVENTION TIP**  
Check your body mass index (BMI). Your risk of colon cancer increases if you’re overweight or obese. |
| 12           |                                                                         |                                                                           |                                                                           |                                                                         |
| 13           |                                                                         |                                                                           |                                                                           |                                                                         |
| 14           | **INFORMATION BOOTH, GIVEAWAYS & NUTRITION DEMONSTRATIONS**  
12:00 PM – 3:00 PM  
Montefiore Medical Group  
Grand Concourse  
2532 Grand Concourse  
Bronx, New York 10458  
Open to all. | **FACT**  
Colon cancer is often treatable if it’s found early enough. For early stage cancer, the 5-year survival rate is about 90%. | **FACT**  
If you are not physically active you have a greater chance of developing colon cancer. Being more active can help lower your risk. | **INFORMATION BOOTH, GIVEAWAYS & NUTRITION DEMONSTRATIONS**  
11:00 AM – 3:00 PM  
Montefiore  
Castle Hill Family Practice  
2175 Westchester Avenue  
Bronx, New York 10462  
Open to all. |
| 15           |                                                                         |                                                                           |                                                                           |                                                                         |
| 16           |                                                                         |                                                                           |                                                                           |                                                                         |
| **FACT**     |                                                                         |                                                                           |                                                                           |                                                                         |
| 17           |                                                                         |                                                                           |                                                                           |                                                                         |
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| 19           |                                                                         |                                                                           |                                                                           |                                                                         |
| 20           | **INFORMATION BOOTH, GIVEAWAYS & NUTRITION DEMONSTRATIONS**  
11:00 AM – 2:00 PM  
Montefiore Medical Group  
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Westchester Avenue  
Bronx, New York 10462  
Open to all. |
| 21           |                                                                         |                                                                           |                                                                           |                                                                         |
| 22           |                                                                         |                                                                           |                                                                           |                                                                         |
| **FACT**     |                                                                         |                                                                           |                                                                           |                                                                         |
| 23           |                                                                         |                                                                           |                                                                           |                                                                         |
| 24           |                                                                         |                                                                           |                                                                           |                                                                         |
| **FACT**     |                                                                         |                                                                           |                                                                           |                                                                         |
| 25           |                                                                         |                                                                           |                                                                           |                                                                         |
| 26           | **INFORMATION BOOTH, GIVEAWAYS & NUTRITION DEMONSTRATIONS**  
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Wakefield Campus  
600 East 233rd Street  
Bronx, New York 10466  
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11:00 AM – 2:00 PM  
Montefiore  
Einstein Campus  
1825 Eastchester Road  
Bronx, New York 10461  
Open to all. |
| 27           |                                                                         |                                                                           |                                                                           |                                                                         |
| 28           | **FACT**  
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| 29           |                                                                         |                                                                           |                                                                           |                                                                         |
| 30           |                                                                         |                                                                           |                                                                           |                                                                         |

montefiore.org/coloncancerawareness
Colon cancer is the third most commonly diagnosed 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 educate you about your risk for colon cancer. Join Montefiore this March in celebrating Colon Cancer Awareness Month by wearing blue on Wear Blue Day and joining us at our various events to raise awareness of this disease. Take time this month to talk with your friends and family to spread knowledge; also talk to your doctor about when and how often to get checked.